
FEBRUARY 2003

TAKE A PAGE

from our book

*Exemplary Programs and Projects
from Washington State Communities*

Office of the
Lieutenant Governor Brad Owen





Office of Lieutenant Governor
State of Washington



Dear Reader,

As we mark the 5th volume of "Take a Page from Our Book" and celebrate the outstanding contributions that groups, organizations, programs and citizens all over the state have made in their communities, I am filled with a great sense of hope. While the world we live in today is often marked by tragedy and chaos, destruction and war, the stories collected here truly reflect the many positive choices and actions that continue to impact the lives of the people of Washington State.

From youth advocacy and community coalitions, to short-term projects with big impacts and long-term commitments with ongoing influence, every story in this book demonstrates great courage and unyielding vision. While most of us wish for a better future, what sets these stories apart is the proactive approach they show in making a difference for a better tomorrow – today. I wholeheartedly salute and thank the Washingtonians featured in the 5th edition of "Take a Page from Our Book" for the outstanding role they have played in making the world a more positive and caring place for all of us.

Every effort *does* make a difference, whether large or small, so feel free to use any of the inspiring projects and ideas in this book to go out into your own community and start something similar. You don't have to reinvent the wheel – just "Take a Page from Our Book."

Sincerely,

Brad Owen
Lt. Governor

This book is dedicated to

All of the Outstanding Programs and
People in Washington State Who Dedicate
Their Hearts and Lives to Helping Others

www.ltgov.wa.gov

Tell us about Your Endeavor

This publication was designed to encourage and motivate others to duplicate a "page," or perhaps, modify a write-up and work on a similar project. It is also intended to be a resource tool. There are many contact people available in these stories who are willing to share their experiences in the hope that others will build on their momentum.

We would like to know how *Take a Page* helped you and what projects you have become involved with after reading it. Please take a moment and fill out this form or e-mail us through our web site at www.ltgov.wa.gov. Thank you.

Name of Activity: _____

Sponsoring Organization: _____

Contact person: _____ Phone: _____

Address/email/fax: _____

brief description of the project: _____

Other comments: _____

(Detach form and mail to our office – requires postage)

Office of Lieutenant Governor
PO Box 40400
Olympia, Washington 98504-0400

Table of Contents

| | |
|-------------------------|----|
| Drug Awareness | 6 |
| Youth and Adults | 20 |
| Volunteers | 45 |
| For the Community | 67 |

Drug Awareness

Drug Awareness

| | |
|---|----|
| Students Develop Pamphlets as a Way to Learn About the Dangers of Drugs | 8 |
| Benton County | |
| Break the Cycle Week – | |
| Chelan High School Med Club to Draw Attention to Health Issues..... | 9 |
| Chelan County | |
| Pierce County Program Sets Strict Regimen of Testing and Therapy for Addicted Parents | 10 |
| Pierce County | |
| Drug Dog Searches School Campuses..... | 12 |
| Grays Harbor County | |
| Coalition Forms to Prevent Substance Abuse and Violence | 14 |
| Pend Orielle County | |
| Fledgling San Juan Program Addresses Substance Abuse | 16 |
| San Juan County | |
| <i>Cooling off at the Hot Spot</i> | |
| Camp that Teaches Snohomish Kids to Stay off Drugs is More than Just Summer Fun | 17 |
| King County | |
| Drug Committee Formed for In-School Action | 19 |
| Adams/Wahkaikum Counties | |

Students Develop Pamphlets as Way to Learn About Dangers of Drugs

By Amanda McCallum

Drug awareness moves from textbook to technology for Mrs. Reiboldt's seventh grade class. Her students were asked to update outdated material formerly used for the drug unit of the class and create a pamphlet representative of an illegal drug.

Reiboldt spent nearly a week designing and detailing the best format for the pamphlet. She then provided students step-by-step instructions as to how to download photos and format the pamphlet.

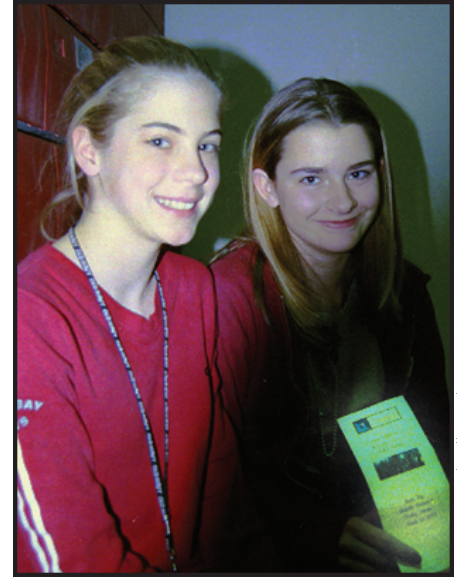
This provided an opportunity for many students lacking in computer and downloading experience.

This, Reiboldt said, was a great way for the students to research on-line and gather information about drugs in today's society as well as update old information.

Students paired up in teams of two to work on the three-day computer lab project. Initially, they were asked to choose a drug focus and begin examining eight major topics regarding the substance. Students were asked to include as many slang names for the drug as possible. Also where and what types of drugs or chemicals are used to produce the drug, how it is currently being abused, the effects on the body, a summation of why people use the drug, its prevalence in society today, and any additional facts discovered.

"Kids learned more than they ever would know from just reading a text book," said Kaley Adams, a student working on the project.

Reiboldt feels this approach is a more affective way for students to inform themselves as to the dangers of drugs.



Prosser Record-Bulletin Photo

Mrs. Reiboldt's class learned about drugs by creating informational pamphlets. Kaley Adams and Michelle Dorsett selected the drug Ecstasy, a common big city drug associated with Rave parties and dance clubs.

"Rather than preach to them, this allows them to investigate for themselves whether or not these are substances they want to inject into their bodies or not. It gives them an educated choice," Reiboldt said.

She plans to continue this project next year, updating the brochures annually as part of an ongoing seventh grade project. ♦

This project requires computers with Internet access and the means to print. Tonie Reiboldt can be reached at Housel Middle School in Prosser (509) 786-1732.

Break the Cycle Week – Chelan High School Med Club to Draw Attention to Health Issues

By Shyla Clark
Med Club Publicity Chairman

Chelan High School Medical Club and TATU (Teens Against Tobacco Use) sponsored “Break the Cycle Week” devoted to substance abuse and teen health.

Searching for an entertaining way to present serious information relevant to teens, the Med Club officers conjured up an idea and christened the week “Break the Cycle Week.” The main idea is for each day of the week to be dedicated to a different issue: drugs, suicide and depression, tobacco, teen pregnancy and alcohol. One of the many highlights will be a national keynote speaker, Jevon Thompson, who will give presentations to both the middle and high school about self-esteem, attitudes, relationships, drugs and success.

Funding for the presentation, as well as some of the other activities, was provided by Chelan Together for a Drug Free Youth. The week provided a learning experience for both the students and the staff of Chelan High School, as nothing of this nature and scale has ever been done before. ♦



Holding the Med Club's poster are, from left to right, members Travis Grandy, Elena Blanco, Christa Rinehart, Ashley Colbert, Ashley Wilson, Jessi Reynolds, Jennifer Grandy and Maggie Palumbo.

Project included in-school publicity. Funding for professional speakers provided by local anti-drug advocacy group. “Together” chapters and similar organizations are located throughout the state.

Pierce County Program Sets Strict Regimen of Testing and Therapy for Addicted Parents

By Adam Jadhav
The News Tribune

Editor's note: reuniting families torn apart because of drug-addicted parents is the aim of a pioneering Pierce County program, Methamphetamine Family Services. The program operates in concert with Pierce County's drug court program, holding parents accountable to being off drugs.

At Tuesday's graduation at the Pierce County Superior Court room, tissues were passed and hugs exchanged among parents, counselors, social workers and attorneys.

"You guys were there for me," said graduate Bobbie Jo Tarnecki as she faced her counselors. "You kept me honest and kept me structured."

The program provides a strict regimen of therapy, testing and, if necessary, medical treatment. To graduate, parents must complete more than 110 hours of counseling over a year, plus pass up to six urinalysis tests a week.

Graduates come out of the program clean and often with a steady job and a stable home – necessities for the state to return their children.

The program's \$400,000 cost is covered by some of the \$4 million in federal money given to the Washington State Methamphetamine Initiative, a cooperative of law enforcement, social service and community groups. Including Cilenti and Peck, 86 parents have entered the program since it started.

"I can count on one hand things that have stood out in the justice system as making a difference," said Jack Hill, director of Pierce County's Department of Assigned Counsel. "This is one of them."

Parents graduating from the program get a second chance, said Terree Schmidt-Whelan, executive director of the Pierce County Alliance, a nonprofit anti-drug organization that provides the treatment.

"If they become clean and become responsible parents during that year, the chances greatly increase that



Photo by Russ Carmack

Kelly Peck and Nick Cilenti, former meth-addicted parents, take their four boys to Wright Park in Tacoma. The boys are, from left to right, Dakota Cilenti, 2, Adam Cilenti, 3, Donnie Cilenti, 4, and Timmy Cilenti, 6. The parents lost custody of their children for more than a year because of their addiction.

they could get their children back," she said.

Superior Court Judge Gary Steiner, who sits on the bench of Pierce County Drug Court, also handles the cases of meth parents. Steiner lets them enter the meth program unless they face jail time for other charges.

"This is for the people who have little kids," Steiner said. "They want their kids back and they want off meth. We're happy to give them an opportunity."

Meth is an epidemic and is growing everywhere in the state, officials say. In 2001, Washington dealt with 1,890 meth-related busts, labs and dump sites – the third highest number in the country. Of those, Pierce County accounted for 589 – most in the state.

Many of the busts lead to the state seeking to end the parental rights of neglectful moms and dads, said Jaqueline Rosenblatt, chief of the Tacoma office of

(continued on next page)

Reprinted with permission of The News Tribune

Reuniting Meth's Refugees

(continued from previous page)

the attorney general, which represents the state Department of Social and Health Services.

"The system lost (the parents) because they were heavily engaged in their addiction," Rosenblatt said. "We were terminating way too many parents' rights."

Hill found the same thing, adding that 80 percent of the parents who came to the public defenders' office have lost their children because of drugs.

As the meth problem grew, a lot of minds – from the Department of Corrections, the attorney

general's office, DSHS, the Department of Assigned Counsel and a host of social service agencies – collaborated to form the meth family services program.

Meth parents lose touch with reality and their children fade away, said Kristin Andersen, a CPS social worker attached to the Pierce County sheriff's meth team.

"You see kids that are usually forced to fend for themselves," she said. "These are kids that wander the neighborhood looking for food. They aren't supervised." ♦

The \$295,000 similar project in Thurston County provides for additional services for people participating in dependency/family treatment court and allows for more timely treatment for participants dealing with meth related addiction, Contact: Donna Bosworth, Thurston County Chemical Dependency Coordinator, (360) 786-5585. A second treatment project will be set up in Spokane, phone (509) 477-6373. Both projects are modeled after the highly successful Methamphetamine Family Treatment Services project in operation through the Pierce County Alliance, phone (253) 572-4750

Drug Dog Searches School Campuses

By Dee Anne Shaw
Daily World Assistant City Editor, Aberdeen, WA

Go find dope!" That's all Duke, the Aberdeen Police Department's drug dog needs to hear and he's off and sniffing. The two of them have undergone more than 400 hours of training in the past two years.

Soon, with the blessing of the Aberdeen School Board, Duke will be putting his nose to the test at Aberdeen High School as part of an effort to deter drug use and keep the campus safe.

J. Smith, AHS' first-year principal who instituted similar random searches when he worked in Nebraska, said "the goal is deterrent value. We don't want to catch anyone."

Smith said Montesano, Elma and Ocosta are among the area high schools he knows of that conduct similar random searches.

Duke, a Lab mix, is about 3 years old, he said. "He's a pound dog. We got him for free." The Police Department was looking for a dog to replace Vicky, the drug dog who helped confiscate more than \$11 million in drugs countywide during her career.

"When you're looking for a drug dog, you're looking for a dog with very, very high drive. A nutty, ball nut kind of a dog. A dog who you can train to become so passionate about the game at hand that if a cat comes by the dog should still want to play."

Board members were reassured that the searches will be conducted when students are not congregating in the hallways. "We don't search people," Laur said. "We search the premises."

Duke, joined by the drug dogs from the Sheriff's Office and the prison, will team up to sweep the campus so they can get in and out quickly. "We will be working as agents of the school," Laur said. School officials will be told if the dogs "alert" on a locker or area of the campus, he said.

The searches are legal Smith and Laur said.



Photo by Kathy Guigg/Daily World

Aberdeen Police Sgt. Art Laur and his drug-sniffing partner "Duke" at the Aberdeen School Board meeting Tuesday night.

School District Policy No. 3232 addresses "Locker Searches." It reads, in part: "...Lockers, desks and storage areas are the property of the school district. No right, nor expectation of privacy exists for any students as to the use of any locker issued or assigned to a student by the school. No student may use a locker, desk or storage area as a depository for any substance or object which is prohibited by law or school rules or which poses a threat to the health, safety or welfare of the occupants of the school building or the building itself."

District policy allows for locker searches to take place upon "reasonable suspicion" that the contents might violate school policy. A drug dog "alerting" on a locker or storage area constitutes such reasonable

(continued on next page)

Drug Dog Searches School Campuses

(continued from previous page)

suspicion, Laur and Smith said, "our goal would be to help; to get help for our student." Nevertheless, possessing drugs is still a crime, and students in violation may also face charges, Laur said.

"This is a 'non cost' option for us to make the campus safer," Smith said "it's a deterrent. I think we have an obligation to consider such non-cost options when it comes to providing a safe, secure environment for our kids up there." ♦

The Aberdeen Police Department phone number is (360) 533-4966. Trained drug dogs require dedicated assignment of commissioned officers as handlers. Many police and sheriff's departments in Washington have drug dogs. Call your local police or sheriff's office to find where drug-trained dogs are available in your area.

Coalition Forms to Prevent Substance Abuse and Violence

By Andrea Evans
Of the Newport Miner

Newport – About 30 people from around Pend Oreille County gathered for a two-day seminar to receive training on forming a coalition to help prevent substance abuse and violence in youth.

The program, called Communities That Care, is primarily run by a group of key leaders and a community board. The key leaders, made up of people in leadership positions within the community, direct the community board about the needs of the community, and influence policy.

The community board, identifies the community's beliefs, risk factors for substance abuse and violence and protective factors to develop a vision for the future of the children.

Emilie Lydon, prevention specialist at Pend Oreille County Counseling Services, provided the training for the two groups at Cusick High School. As a prevention specialist, Lydon said she saw a need in the county for a program like this after performing a needs assessment.

Following an orientation with the key leaders, the community board divided into working groups: a risk and protective factor assessment work group, a resources and strengths assessment work group, a community outreach work group, a funding work group, a youth involvement work group and a board maintenance work group.

Although the groups have not yet determined how to begin solving this problem, the training they received last week will help them identify the factors that cause substance abuse and violence, solve them with a community effort and sustain solutions to keep the county's youth safe, Lydon said.

Deputy Prosecuting Attorney Tony Koures, who attended the seminar, said the program is in its infant stage. The seminar helped him and the others get organized, he said.

"The risk that kids have at home and at school can be minimized or reduced by the ways that communities

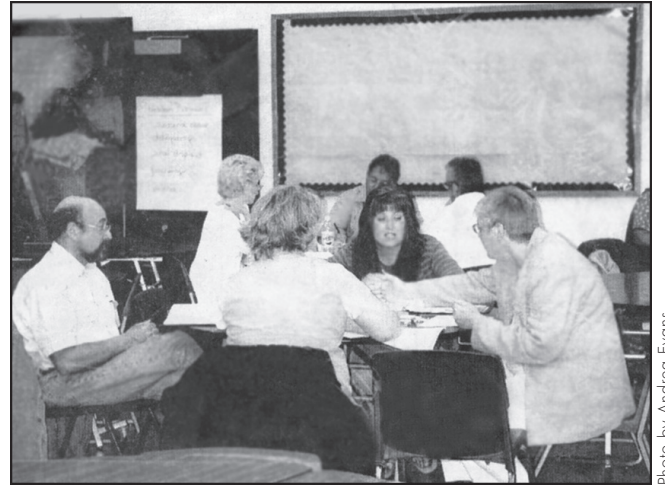


Photo by Andrea Evans

About 20 community members participated in the Communities That Care members training at Cusick High School last Wednesday. The program focuses on preventing underage substance abuse and violence.

respond to this problem," Lydon said.

Lydon said factors that contribute to substance abuse and violence are found in the community, family, at school and within the individual. Some specific factors are the availability of drugs and firearms, community norms that are favorable toward drug use and crime, low neighborhood attachment, economic deprivation, family problems, association with others who engage in substance abuse and media portrayals of violence.

Lydon also mentioned that the lack of activities for youths to have as choices to do besides drugs and the lack of opportunities for kids to be recognized in the community also could contribute to the problems.

"Gaps in services between different agencies can create the possibility of substance abuse and violence not being addressed effectively," Lydon said.

Key leaders can contribute information from the organizations they are representing about how they see

(continued on next page)

Coalition Forms

(continued from previous page)

the problem, and how substance abuse and violence affect employment work production.

"Everybody's perspective is important," Lydon said.

Lydon said the coalition is ongoing, and will hopefully become a permanent part of Pend Oreille County's ability to solve violence and drug problems.

"It just has to be one of those things that snowballs as it goes along," Koures said.

Jackie Kiehn, who also attended the seminar, feels it's going to take a group effort to make the program work.

"I think it can make a difference in this county," Kiehn said.

The program is funded through a state and federal prevention funding from the Office of Community, Trade and Economic Development, Lydon said.

Some of the partners in the program include representatives from Tri-County Health, Pend Oreille county schools, the Washington State Patrol, the Family Crisis Network, CASA, Cominco Mines, the Watchdog and others. ♦

Initial formulation of such a group involves very few financial resources. For more information on establishing a similar coalition, contact Emilie Lydon, (509) 447-5651.

Fledgling San Juan Program Addresses Substance Abuse

By Scott Rasmussen
The Journal of the San Juan Islands (San Juan County)

Two surveys noted that San Juan students were smoking marijuana and drinking alcohol more frequently than their peers across the state and the nation. Two Fourth of July weekend crashes involving students involved alcohol. Serious injuries and damage resulted — and one death.

That's when Florence Harrison, a Public Health Advisory Board member said enough was enough. She rallied local leaders to form the Orcas Island Prevention Partnership.

Harrison believes the model for the San Juan Island group lies close to home. On Orcas Island, where community leaders, kids and the school district have formed a prevention partnership, the seeds of tackling teen substance abuse have taken root in the community.

The partnership came together out of desperation, recalled Moriah Armstrong, director of the Orcas Island Prevention Partnership.

As the former head of the island's Family Resource Center, Armstrong was besieged by calls from panicked parents four years ago needing advice about how to handle disturbing behavior of their kids.

In response, the community held a series of meetings, developed consensus on how to deal with the issue, and found funding through state and federal grants.

Armstrong said the jury is still out on gauging the effectiveness of the group's programs, but it has solid support from the community and continued funding from prevention agencies. It has received successive \$87,000 federal grants to fund activities and operations, and she said the San Juan group can benefit from its experience and from better documentation about the extent of the problem.

"For funding nowadays, you have to prove to them what is working and what is missing in your community, and how you can make a difference," she said. "It all happened pretty fast for us once we did our homework. But we basically had to educate ourselves."

In its third year of tackling troubling trends similar to San Juan's, the Orcas program continues to rally local support and fund activities in schools and at the Funhouse in Eastsound, which provide healthy entertainment options for kids. It has funded an after-hours program at the Funhouse staffed by young adults, and a psychology class at the high school. The partnership also circulates a newsletter and pays for space in the local newspaper that offers parenting advice from local experts.

Armstrong said parents now feel more connected and a lot more comfortable calling one another with questions about their children and their activities.

Tackling the troubling trend of teen substance abuse isn't rocket science, she said, but it does take commitment; simply offering programs or alternative activities does not provide a complete answer.

"A lot of it is really common sense," Armstrong said. "What's not so common is how to figure out how to do it."

On Orcas, they found a way. Harrison hopes her group can foster the same common sense approach and increase the commitment of the community for kids' sake.

"I think peer education is one idea we'll have to hit," said Harrison, who has enlisted support of school district officials. "What we can do is offer the children some good, healthy alternatives." ♦

The Orcas Island Prevention Partnership has been funded with a \$87,000 grant under the federal Drug Free Community Support grant program, administered through the state. For more information about the program, call (360) 376-5259.

Cooling off at the Hot Spot

Camp that Teaches Snohomish Kids to Stay off Drugs is More than Just Summer Fun

By Diana Hefley
Herald Writer

SNOHOMISH — It looks like your average day camp — sticky crafts, silly skits and a monster water fight. But Camp Hot Spot organizers are counting on campers leaving their camp with more than a beaded key chain. They hope kids are learning what it takes to say “no” to drugs and alcohol.

The lessons, some taught by teens, seem to be sticking.

“If you have a friend who is smoking, you can tell them they can’t come to your house if they do that,” said Jessica Hill, an Emerson Elementary School fifth-grader.

Hill, 10, was one of about 20 kids who spent four days last week at Cascade View Elementary School learning how to stand up to the peer pressure many of them will face when it comes to experimenting with drugs and alcohol.

The camp is the work of the Snohomish Drug & Alcohol Committee and is part of an ongoing effort by local groups to tackle teen substance abuse.

Sno-DAC, as it is called, came out of meetings with parents and community members in 1984 and became one of the first grassroots groups in the county to look at ways to combat local abuse.

“This is a cute little antique town but we cannot deny the fact that it’s happening here in Snohomish,” said Dennis McGuire, executive director of Sno-DAC.

Similar groups have sprouted up as schools, parents and communities grapple with the problem.

The Lake Stevens School District has started a drug and violence prevention coalition, and a group in Granite Falls formed last fall. Those two groups are working to bring renowned speaker Milton Creagh to a series of assemblies for students and parents.

“It is a scary thing to talk about. We don’t want to think about our kids in these situations. But the reality is that there is a huge problem in Snohomish County,” said Diane Clark, prevention coordinator at Lake Stevens Middle School.



STEPHANIE S. CORDIE / The Herald

Grifyn Clay (foreground), 7, gets sprinkled with water from a Snohomish fire engine Thursday at Camp Hot Spot held at Cascade View Elementary School.

The 2000 Washington State Survey of Adolescent Health Behavior polled 18,000 elementary, middle and high school students and revealed that the average age for the first use of alcohol, tobacco or marijuana is 10. And of the high school students polled, 76 percent tried alcohol at least once and 47 percent reported drinking in the past 30 days.

Local groups hope their proactive efforts will help those numbers drop.

“Sno-DAC looks at ways to prevent our kids from avoiding bad choices. We want to give them another resource,” McGuire said.

The Snohomish committee has been running its summer day camp for a decade. It will continue the camp this summer at six other elementary schools in the Snohomish School District. As many as 500 children, ages 6 to 12, are expected to attend.

Another round of kids started Hot Spot today at Dutch Hill Elementary School.

(continued on next page)

Reprinted with permission of the Seattle Times/Post-Intelligencer and the Herald

Camp Teaches Kids

(continued from previous page)

Police visit the camp to bring an anti-drug message, as well as teach personal safety. Firefighters talk about fire prevention, and, to the delight of most campers, drench the kids using a fire hose.

Local high school students serve as counselors and junior high school students volunteer as counselor assistants.

"We teach kids to say no to trouble so they practice as they get older. They probably won't have to use it until seventh or eighth grade but it's good to practice," said 12-year-old Ashleen Williams, a counselor assistant. ♦

Camp Hot Spot operates under the auspices of the Snohomish Drug and Alcohol Committee (Sno-DAC) and is funded by a variety of community service groups, including constant support from a local Kiwanis Club. Funding a core management team, staffing of student counselors, snacks and sundries. Students also pay tuition, and a number of scholarships are awarded for the summer-long camp that operates four days a week in the afternoon. Participating police, firefighters and others' efforts contribute to curriculum content. For more information about Camp Hot Spot and Sno-DAC, call (360) 568-8835.

Drug Committee Formed for In-School Action

By Rick Nelson

CATHLAMET — Members of the Wahkiakum County Commissioner passed supporting funding for the formation of a committee to combat drug use in this sparsely populated county in Southwest Washington. Surveillance cameras and school resource officers in Cathlamet and Naselle schools, plus has considered undercover drug officers to bolster the approach of commissioners here to solve drug crime.

Commissioners and school officials responded to questions from the community at public meetings to clarify key points and correct misconceptions. In the program's start-up stages, efforts focus on establishing criteria for operations. Cameras aren't allowed in restrooms, a commissioner assured. Staff members checking restrooms periodically won't change from normal operations. Cameras will monitor access

points, assisting in identifying visitors observing egress.

getting drugs out
of schools is part
of making the
deal work

New drug resource staff are commissioned officers, providing on-site legal authority for inquiry, investigation and arrest when necessary — which school officials otherwise lack. "Our main goal is to provide a safer place for our kids," said one county commissioner. "We'll do whatever we can do to make sure our schools are safe for kids; that's the bottom line. And getting drugs out of schools is part of making the deal work."

Before advancing support for the program from county commissioners, the local drug committee interviewed people from other drug programs, some of whom suggested an undercover officer may face some difficulties in schools. ♦

For more information about how drug program operates in high schools, contact Wahkaikum High School Principal Bob Anacker, (360) 795-3271.

Reprinted with permission of the Cathlamet Eagle

Youth & Adults

Youth and Adults

| | |
|--|----|
| Students Learn, Share Insights Through Puppets Shows, Foster Skills in Creativity, Speaking, Writing | 22 |
| Thurston County | |
| Adults Lend a Helping Hand with Students | 23 |
| San Juan County | |
| Sand Hill Booster Club Builds New Playground at the Elementary School | 24 |
| Mason County | |
| Advocacy Program Gives Children a Voice in Court | 25 |
| Island County | |
| Parents Party Patrol Battles Teenage Partying | 27 |
| Lewis County | |
| Students Become Mentors to Discourage Destructive Acts | 29 |
| Douglas County | |
| Troubled Youths Find a WayOUT | 30 |
| Snohomish County | |
| Youth Volunteers Maintain Wilderness Trails | 32 |
| Snohomish County | |
| Volunteers Make a Difference One Student at a Time | 34 |
| Skagit County | |
| SKHS Students Throwing 'Senior Prom' for Stafford Suites' Senior Residents | 36 |
| Kitsap County | |
| Pupils Savor the Chance to Talk with Their Adult 'Lunch Buddies' | 37 |
| King County | |
| World-Changer Program Links Youth with Repair and Restoration Projects | 39 |
| Kitsap County | |
| Klickitat School Partners with D.O.T. and Conservation District for Habitat Understanding | 41 |
| Klickitat County | |
| Teen Center Steps up Activities with Dance Classes — Offers Issue Discussion Opportunities | |
| <i>Local Armory Facility Renews Community Youth Programs</i> | 42 |
| Walla Walla County | |
| Forest After-School Program Teaches Students Cooperation | 44 |
| Skamania County | |

Students Learn, Share Insights Through Puppets Shows, Foster Skills in Creativity, Speaking, Writing

By Alma Sharpe
The Olympian

TUMWATER — Puppet show director Vince Schuetz, 13, had to put himself in the place of preschoolers so he could teach them a lesson on manners. "I thought, how would young kids best understand to use the word 'please,'" the Tumwater Middle School seventh-grader said. "I tried to make it entertaining but make sure that they would learn from it." Schuetz might have succeeded on both counts.

The preschoolers who watched Schuetz's puppet show, along with those of other students at Tumwater Middle School, giggled with joy throughout the presentations.

Bobbi Rieder, the preschoolers' teacher at Michael T. Simmons Elementary, also approved of the lesson. "They told a wonderful story, and it was the kind of thing our kids need to hear," she said. The puppet shows were the culmination of a project intended to teach the middle-schoolers about writing, creativity and public speaking.

But teacher Suzanne Stottlemeyer also hoped they'd learn the importance of community service by doing something nice for others. "Little kids idolize older kids," Stottlemeyer said. "I think it's neat that (the middle school students) can see that community service can be fun."

Stottlemeyer had her students work in groups to write and design puppet shows around several themes that would appeal to preschoolers: sharing, being a good sibling, learning to say please, and treating animals



Photo by Steve Bloom

Tumwater Middle School student Kelsey Massoth narrates the story "Milo Goes to School," while fellow puppeteers Diana Stone, Kaitlin Neilsen, Brianna Charette and Mackenzie Brittain entertain a group of preschool students from Michael T. Simmons Elementary School last week.

well, among others. The students could choose their own props and how to tell each puppet story.

Don Mitchell, 13, directed a show called "Going to Kindergarten," which deals with bullying and treating each other well in school. He used his younger siblings as a test audience for the show, he said.

Other topics included patience and accepting people who look different. "I think they have really good messages for kids," she said. ♦

This roll-playing puppet routine involves only willing players, a script covering important message areas and a simple puppet stage (notice photo). For more information about how she initiated this program, contact Suzanne Stottlemeyer, teacher at Tumwater Middle School, (360) 709-7500.

Adults Lend a Helping Hand with Students

By Ted Grossman
Editor, Eastsound Journal (San Juan)

Adults on Orcas Island help children through what's known as The Primary Intervention Program (PIP), which just has received certifications from the Children's Institute of Rochester, N.Y.

The PIP program's mission is to provide a nurturing, supportive environment that allows children to feel safe, to learn about themselves, identify feelings, develop interpersonal skills and increase self-esteem. It is open to all children who would like a special friend. It's not a troubled children's program.

"The certification is recognition of effectiveness," says Tamara Joyner, who oversees the school-based program by which adult volunteers serve as special friends for about 30 students in grades K-3.

One such friend is Lynda Johnson, a registered nurse who has enjoyed working with children throughout her adult life, and says "We as adults have obligations to all children."

Johnson meets one-on-one in the elementary school play room with three different elementary school students, for half an hour each. Her role isn't to be a tutor; it's to be a friend. "I'm there for the child, not for my gratification," she says.

Johnson is one of several island volunteers who experience the joy that comes with being a PIP volunteer. "All the people who do it fall in love with this," says Joyner, who says that it takes a special type of person to do this. Joyner also notes that she is always looking for more volunteers, but not until the start of next school year.

It was Joyner who contacted the Children's Institute seeking certification. Her goal was to receive validation for the local program, and to connect to the national PIP information network. She feels that the Orcas program is "much better for the visit," Joyner says.



Photo by Ted Grossman

First-grader Ryland Date and the PIP coordinator Tamara Joyner enjoy a moment in the Orcas Elementary School play room.

The Children's Institute's Deborah Johnson (no relation to Lynda Johnson) traveled to Orcas from Rochester last January to conduct a site visit. Deborah Johnson not only reviewed the program format, she also examined it in operation. And she liked what she saw. Johnson was especially impressed with the play room, which she felt was one of the nicest ones she has ever seen.

Mentor Program Also Helps Kids

Another program, which helps kids, is the long-standing and successful Mentor Program, which also provides a mechanism by which adult volunteers can serve as one-on-one friends and support persons to kids ages 7-17. Unlike PIP, The Mentor Program takes place outside the school, and is coordinated by Keri Rose with the Family Resource Center. Joyner formerly oversaw the Mentor Program, and she and Rose are in regular communication about how the two programs can best work together to help children. ♦

Employing the use of volunteers the Primary Intervention Program augments education in public schools on Orcas Island. For more information about the Primary Intervention Program, call Tamara Joyner, (360) 376-2286. For more information about the Mentor Program, including how the program works and for becoming a mentor, contact Keri Rose, (360) 376-6406.

Reprinted with permission of the Eastsound Journal

Sand Hill Booster Club Builds New Playground at the Elementary School

By Kevan Moore
Belfair Herald, Belfair, WA

Sometimes the best way to raise a lot of bread is with some cookie dough.

That's the recipe for success the Sand Hill Elementary Booster Club used to secure a little over \$8,000 to cap off a two-year fund-raising effort to build a new playground at the school. Besides selling lots of cookie dough this year and last, the group has held auctions, dances and various blood drives to raise the needed funds.

ALL TOLD, the parent-based booster club has raised a little more than \$31,800 needed for a new jungle gym, miniature climbing wall, swing set and soft chips for hard falls.

Candy Zevnick, the club's treasurer, marveled at all the hard work that fellow parents, teachers, administrators and community members put in over the weekend to put the playground in place.

"I WAS REALLY impressed this many parents could come out on a weekend and so far the only guy I know that's fallen in a hole is a supervisor," she said referring to helpers from Sightlines who helped install all the new equipment.

Zevnick's husband, Steve, who is the booster club president, said he's glad that all the donors will have something to see and that their children can use.

"They really want to see us do something, not just put the money in the bank," he said with a smile.

THERE HAD BEEN some talk of a new county park or covered play area for the kids to stay dry in during the winter, but the sight of the new equipment was all that really mattered Saturday afternoon.



VOLUNTEERS CAME out in force over the weekend to put up a new playground at Sand Hill Elementary School. Raising the swing-set, which is just one of the many new features are, from left to right, Steve Wolfe, Shelby Blackwell, Brigmon Lohman, Brad Carey, Gary Roberts, Rodney Harker, John Hicks, a construction supervisor, the school's principal Ray Lucas and Jesse Chasteen.

"We could still do that and give Belfair a park, but in the meantime we wanted something for the kids," Steve said. "Then again, we'll keep going and hopefully get some musical equipment too."

Whatever happens next, Candy wanted to make sure that Sand Hill principal Ray Lucas was thanked.

"HE HAS ALWAYS been there. He's just been so easy-going and trying to do whatever he can from behind his desk and it's been a blessing," she said.

Also helping out with the time, services or both were Biesley Incorporated, Carey Travel, My Friend's Car Lot, the North Mason Fiber Company, Kitsap Ready Mix-Fred Hill, Safeway, Seabeck's Pizza and the Pizza Factory. ♦

This playground building project was possible with a determined core of boosters, a vision, commitment to raising money, project volunteer efforts and supportive local business interests. For more information about this playground project, contact Sand Hill Elementary, (360) 275-6080.

Reprinted with permission of the Belfair Herald

Advocacy Program Gives Children a Voice in Court

By Gayle Saran
Staff reporter South Whidbey Record, Langley, WA

They are the voice of the child. In abuse and neglect cases, they give sound to the wounded child.

That, says Carla Grau-Egerton, director of the Island County Court Appointed Special Advocate program, is the underlying mission of the volunteer advocates who do the organization's work.

Formerly known as Guardian Ad Litem program, CASA is designed to represent the interest of the neglected or abused children who have been taken into custody by the state Child Protective Services agency.

"The mom has an attorney, the dad has an attorney...even the social worker has an attorney," Grau-Egerton said. "But the children involved in family court cases often don't have any, so CASA volunteers are their voice in court."

Two South Whidbey residents, Linda Heierman and Janice O'Mahoney, recently joined the 18 other CASA volunteers to handle the 126 cases currently open in Island County.

A precedent was set last week when the new volunteers were sworn in by Superior Court Judge Vicki Churchill. It was the first time any CASA volunteers had officially been sworn in after training to work on child abuse cases.

Churchill said CASA volunteers are a big help in court.

"They are able to assist the court in understanding the family dynamics from the child's point of view," said Churchill.

New volunteer Janice O'Mahoney had a career in juvenile justice as a probation counselor.

"I felt like I was driving an ambulance at the bottom of the cliff. I want to be on top," she said. "What I learned is my older clients started out with abuse and neglect issues."

Volunteers are the heart of the program. The Island County organizations is funded mainly through the state CASA program. But it's not a lot of funding. Volunteers, like O'Mahoney, do much of CASA's work.



Photo by Gayle Saran

Setting a precedent, four new CASA volunteers are sworn in by Superior Court Judge Vicki Churchill. Pictured are Erlina Signo-Warren and Herb Hermann, both of Coupeville, Janice O'Mahoney, Langley and Linda Hermann of Freeland.

"We do a lot with little money," Grau-Egerton said.

The volunteer advocates, who come from a variety of professions and careers, are appointed by the court to speak on the child's behalf through all dependency actions.

Grau-Egerton said a CASA advocate provides a fresh perspective in the court process, an independent assessment of the factors surrounding a child's life. An advocate "takes a look at the big picture," she said evaluating the roles of everyone involved, including the mother, father, foster parents, schools, doctors, daycare providers and other family members.

Based on their findings, advocates then make recommendations to the court about how a child should be cared for.

CASA currently has a team of about 22 volunteer advocates, each of whom handles up to six individual cases at a time.

Each CASA volunteer goes through an intensive training course before entering the field. Then, as they start their advocacy work for real, they are paired with an experienced mentor.

(continued on next page)

Program Gives Children a Voice

(continued from previous page)

"We just don't take a new volunteer, and say 'Go,'" Grau-Egerton said. Volunteers are put to the test by attending court hearings and participating in a rigorous 30 hour training session. Some don't stay with the program. Grau-Egerton said some volunteers drop out after they attend their first court hearings.

"They realize they can't handle it," she said.

Volunteers are also monitored after the training period is complete. Grau-Egerton said she wants to know that the volunteers feel emotionally and physically safe. She contacts them once a week to touch base.

But once trained, CASA advocates introduce stability into processes that likely feel intimidating, confusing and frightening to children.

Grau-Egerton says poverty and addiction to drugs, particularly methamphetamines, are key factors in many child abuse cases. Causes vary somewhat between North and South Whidbey. In Oak Harbor, the Navy draws a more transient population and all the problems attached to that lifestyle. South Whidbey is a more rural setting and attracts people who are seeking isolation, which often times hides what goes on in homes where children are abused, Grau-Egerton said.

"By the time social services removes a child, there is compelling evidence of abuse, corroborative reports from numerous sources," she said.

Often if there is one type of abuse in a home, there is another. Children often won't talk about sexual abuse until they are out of the home and in the security of a foster home.

Grau-Egerton said there are two basic parameters that are used in deciding whether to remove a child from a home — determination that the child is in imminent danger, either physical or psychological, or the absence of a parent in the home capable of car-

ing for a child properly and keeping the child safe from a parent that may be an abuser.

But if the child is removed too soon, without enough documentation, there may be accusations of interference in family affairs: Without sufficient evidence, the case-worker may never get an abused child out of a home.

This is a particular problem when it comes to drug addiction.

"CASA is seeing huge meth addiction problems," Grau-Egerton said. "It is very serious in how it affects the children of young adults who are addicted. When the addicts are high, they can go three days without caring about anything, and that includes their children."

Grau-Egerton remembers some cases in which babies had been ignored for days, going unfed, with diapers unchanged, and with rotting formula bottles on the kitchen counters of rodent-infested homes.

CASA volunteers are out there in the trenches right along with the social workers and other community interventionists.

"To a tee everybody who participates in this program is really committed," Grau-Egerton said.

In the meantime, she said, CASA will continue giving hope to as many children as it can.

"We're seeing more community involvement and more education about the issues CASA is concerned about," Grau-Egerton said. "CASA is helping."

They need that involvement, since budget problems in Olympia are also affecting Island County and its program.

"I am counting on one hand the people out there taking care of children on the front line," Grau-Egerton said. ♦

CASA programs are organized in most counties in Washington and rely on responsible volunteers. Island County, the one featured in this article, may be contacted at (360) 240-5560. For a more extensive listing of CASA programs in Washington, visit: <http://www.washingtonstatecasa.org>

Parents Party Patrol Battles Teenage Partying

By Ronald Hoss
The Chronicle, Centralia, WA

Tenino – Three P's met three T's in Tenino. The Parents Party Patrol returned to Tenino High School last week at the invitation of Tenino-Today-Tomorrow. It was the group's second visit. The four person Tacoma-based task force came armed with information for parents worried about their teenage children who may be getting ready to celebrate the rites of spring with unchaperoned parties.

"We're not a Gestapo unit," said Linda Elliott, who started the group as a reaction to her own share of family teen-age trouble. "We don't bust parties, employ underground snoops or call the cops. But we do offer a tremendous amount of experience with adolescent party control."

That experience took the personal form of Elliot herself; Mark Dietzler, an attorney for the Tacoma firm of Vandeberg, Johnson and Ganara; Oly Harrison, an enforcement officer of the Washington State Liquor Control Board; and Bradley Graham, a detective with the Tacoma Police Department.

They, along with a cadre of other volunteers, constitute the information arm of the Parent Party Patrol, a nonprofit educational group. Each specialist offered brief statements regarding their area of expertise.

Harrison, for instance, talked about how underage minors get booze in the first place.

"The most common approach is to just continue to hit up adults until one finally weakens and goes and buys whatever the kids want," he said. "They'll also doctor driver's licenses or steal an older sibling's birth certificate. They can also be tremendously persistent and will spend hours trudging from market to market until they find one that will sell it to them."

Graham immediately grabbed the audience's attention when he began to talk about drugs and inhalants.



Photo by Ronald Hoss

Linda Elliott is the founder of the Parent Party Patrol, a non-profit Tacoma-based informational group whose purpose is to let parents know about the hazards of letting teen-ager loose at unsupervised parties and gatherings. She demonstrates two recent developments in the items that can be used to smuggle drugs into parties: false soft drink or water bottles and hollowed-out pen style highlighters.

"People are always amazed when we tell them the many items that kids can use to huff or snort themselves to a high," Graham said.

"They're even more amazed when they learn that much of the stuff is already in their homes waiting to be snatched and taken off to a party or gathering. Scotch Guard, nail polish remover, Pam, model airplane cement, are all ready ingredients. There's about 1,200 items suitable for a good huff or snort.

"Then there are the off-the-shelf proprietary drugs like pep pills, dietary good and alcohol.

(continued on next page)

Patrol Battles Teen-age Partying

(continued from previous page)

"The ironic thing here is that many kids who will not use the heavy stuff like heroin, cocaine or marijuana will eagerly gravitate to these things because they think- being sold off the shelf – they can't be addictive and so they won't get hurt," she said.

Graham likens huffing to playing Russian roulette.

"Nine times out of 10 that gun comes up empty, nothing happens. Then there's that 10th time," he said.

Rapt attention followed lawyer Dietzler's recitation concerning parent liability. Using a small model car piled high with suitcases, each labeled with a different form of assets, he demonstrated how a lawsuit caused by a minor's mistake, can cause the parent to loose stock options, retirement funds, homes, cars, boats and any number of other personal items that a parent might have to liquidate to pay legal costs.

"Always a surprise," Dietzler said, "is when parents learn that children can be sued. A lawsuit can follow them into adulthood for years."

Parents also need to know they might be held liable for a juvenile's entanglement with the law and never know about it until after the fact.

"The legal term known as negative entrustment is an example of how parents can be caught in legal nightmares," he said. "For instance it could be as simple as prohibiting the use of a vehicle, but then leaving the keys in an unattended place known to your children and or their friends."

Elliott, following her colleagues, encouraged networking as one of the best protections against kids getting into trouble.

"When your child says he or she is going to a friend's house, make sure you call that friend's parents and find out for sure if your child made it there."

Cell phones have created a false sense of security, Elliott said.

"Parents feel that because a kid has a cell phone with them they'll use it to check in or if trouble happens. But where are they? With cell phones they can check in from anywhere. Maybe from a kegger someplace.

Overall, she advised forming local network clubs where parents can gather to exchange information.

"If nothing else, it shows they are not alone," she said.

Elliot brought along several items kids use to smuggle drugs into parties. She showed off special soft drink and water bottles whose top one third easily slips off allowing a stash of substance to be put in place. When put back together the label – authentic to the product it normally contains – hides what's inside.

Another item she showed was a pen-style highlighter hollowed out.

"They're large enough for a few pills of ecstasy or anything else," she said. ♦

This parent party patrol required a cadre of parents willing to be trained and accept duty shifts, and coordination with local law enforcement officials. For more information, call (253) 572-7870.

Students Become Mentors to Discourage Destructive Acts

By Jim Rogers
Douglas County Empire Press, East Wenatchee, WA

Waterville students became mentors to help younger students minimize destructive decisions through a program called SADD, Students Against Destructive Decisions.

SADD is an organization at Waterville High School involving 17 students who want to curb destructive behavior brought on by destructive decisions.

Eleven of the organization's members attended the state-wide SADD conference in Wenatchee last weekend.

Kassie Ludeman, a sophomore who attended, mentors an elementary girl as a big sister because she thinks bad behavior can be more easily arrested in the younger years.

"I have never drank," Ludeman said. "It is important that we be good examples. That is what mentoring is all about."

Reno Davila is also a mentor to an elementary age boy, and he attended the weekend conference.

"At the conference, we heard the speakers and went to workshops. They helped to see issues of poor choices through games and stories," Davila said.

"We go to schools, like Orondo, and talk to the elementary kids. We play games with them to get their attention," Ludeman said.

"One game we play requires a person to put a straw in their mouths.



SADD members who attended the April 12-14 conference in Wenatchee are back from left, Reno Davila, Deena Hanson and Kassie Ludeman. In the front row from left are Sarah Munro, Lori Velazquez and Cassie O'Leary, Alma Velazquez.

"They hold their noses and run around. When they get tired, they realize what it is like to have lung disease," she said.

Ludeman and Davila said tobacco is a big problem in Waterville among the youth, but alcohol is worse.

"I have seen kids drinking," Davila said.

"We want to tell the little kids, because it is harder to talk to your own peers," Ludeman said.

"Our message is basically telling them what can happen to them if they abuse alcohol and tobacco," Davila said. ♦

Students Against Destructive Decisions (SADD), not to be confused with Students Against Drunk Drivers, was organized by the students at Waterville High School to head off destructive behavior. To learn more about this program, contact Waterville High School, (509) 745-8583.

Troubled Youths Find a WayOUT

By Rebecca Carr
The Beacon, Mukilteo

"Every kid should go through this training, not just kids who have been in trouble," Harding said.

WayOUT – named for its goal of finding teens a way out of the juvenile justice system – is a two-Saturday seminar that teaches conflict resolution, anger management, goal setting, and communication.

The Mukilteo/South Everett Rotary agreed to sponsor a month of the program for \$4,000.

It's strictly for low risk offenders. "We do not mix in moderate and high-risk offenders," program coordinator Nancy Fairbanks said. "That's how we maintain the high integrity of the program."

"It isn't so much the seriousness of the offense," juvenile probation officer Vicky Burt said. "It's the risk of re-offending. We look at the factors, such as school/activity involvement, family ties, and drug and alcohol use."

Parent Tami Wood learned of WayOUT when her daughter 15-year-old Chelsea Bowman, got into trouble. Like most parents, Wood was less than enthused about what she saw at first as having to serve her daughter's punishment along with her.

"I work full time and I'm raising four children," Wood said. "But I realized, not only do I need to teach my daughter to be responsible for her actions, but that as a family, we're all responsible. I pictured this big room filled with metal chairs, and someone lecturing us and telling us how bad we are," Wood said. "It was nothing like that at all."

Instead, Wood said she encountered a warm, friendly environment, where staffers as well as participants focused on developing the necessary life skills to stay out of the juvenile justice system. Wood said she was especially heartened to realize she's not alone, and not the only parent whose kid made a mistake.

Another bonus is the hours of quality time for parents and their teens. "This was the first time I've gotten to really talk with my dad without getting yelled at," 19-year-old graduate and volunteer Ryan McLaughlin said.



The Beacon Photo

Brandon Welch leads a blind-folded Jung Kang through a WayOUT exercise designed to foster trust, team work and communication skills.

"It really helped me get a lot of things off my chest and helped him to understand where I'm coming from. It had been awhile since I spent eight hours in the same room with my daughter," Wood said.

That family connection is a key component in the success of WayOUT, just as it's a key component in the overall success of kids in or out of the juvenile justice system.

"The No. 1 reason for success of any program is parental involvement," Mukilteo Police Commander Russell Harris said. "Parents are examples, whether they want to be or not. They're the biggest influence on children."

"If you don't have the parents involved, it's all just window dressing," he said.

Through August, WayOUT has graduated 324 teens, and anticipates around 400 by the end of the year.

Program graduates have a 7 percent recidivism rate, compared with 16 percent of non-participants in Washington State.

According to Fairbanks, the statewide statistic is based on new convictions within six months of the previous offense,

(continued on next page)

Reprinted with permission of The Beacon

Troubled Youths

(continued from previous page)

while WayOUT program numbers are for 18 months and only include participants at six months post graduation.

"We looked hard at the results," Harding said. "We see this as a good investment with a good return."

Harding is actively seeking fellow Rotary clubs and other social clubs to sponsor a month of the program every year or two.

Bowman is quick to admit she isn't a perfect kid. "I still make mistakes," she said. "But I have learned how to stay out of trouble situations, and I listen a lot better, which helps me to think things through and make better decisions."

McLaughlin still delights in the incidences where WayOUT training applies to his day-to-day living.

"It happened again last week, where my better judgement prevailed, and I made the right choice," he said. "I thought, 'wow, my brain is working!'"

Both McLaughlin and Bowman took advantage of the opportunity to serve their court-mandated community service as WayOUT volunteers.

"This enriches the program," Fairbanks said. "It gives the participants positive role models and a chance to relate and learn from their peers."

"It's easier for kids to talk to other kids, especially when we've been through the program ourselves," Bowman said. "I just sit down and start talking with them, and they usually open up pretty quickly." ♦

Funding for this program was through a local Rotary club with a contribution of \$4,000. Opportunities exist in every community for service club support of similar programs. For more information about WayOUT, contact program coordinator Nancy Fairbanks, (425) 388-7270.

Youth Volunteers Maintain Wilderness Trails

By Jim Haley
The Herald, Everett, WA

Twenty-five miles up a mountain road, and three more miles up a windy trail, Sunstar Saetern sat by Pass Creek to enjoy a pita bread sandwich piled high with tuna, cheese and beef jerky.

The lunch treat was a reward for the teen following a long morning of maintenance work on a major trail in Henry Jackson Wilderness.

He and six other teenagers had been laboring on the mountain trail for nearly two weeks as the group neared the end of the first phase of a three-week course designed to teach work ethic, leadership and responsibility while simultaneously having a little fun.

For most of the inner-city youngsters participating in the Wilderness Volunteer Corps program, this was their first real wilderness experience.

The corps is the youth outreach program of the organization Washington Wilderness Coalition, a grass-roots organization composed of various conservation, recreation, religious and other citizens groups. For one thing, it's bent on encouraging preservation of road-less areas for future generations.

There are other programs that use outdoor experiences for the benefit of youths, but this one goes a step further, said Jon Owen, the organization's campaign director.

"The idea was to bring together the pieces of what the other programs have done," added Lisa Pollack, one of two adult instructors cloistered with the teens under a canopy of tall evergreens.

There's a service element because the youths labor hard for two weeks maintaining hiking trails. Then they spend a week on a backpacking trip. This was just one of four such courses run this summer.

And the summer experience isn't the end of the course.

During the school year, the corps staff keeps in touch with the participants and helps them plan community service projects twice a month within their neighborhoods, mainly in Seattle.



Photo by Jim Haley

Axes fly as four Wilderness Volunteer Corps participants loosen up the soil on the Pass Creek Trail as part of their maintenance work in the Henry Jackson wilderness.

Also, "we work closely with the schools and families through the year," Pollack said. "Basically, we try to find out where the holes are to help them reach up and achieve the next level."

Often, one of the four summer courses is filled with past participants who come back for more trail work and hiking, she said.

In the Henry Jackson Wilderness, the youths and instructors set up camp in a level, sparsely timbered area on either side of the planned trail work.

Fresh timbers and puncheons were installed along a lengthy segment of marshy meadow. Roots were cut away and fallen trees removed.

The youths learn to work in close proximity to others, taking on leadership roles within the group and alternating camp chores. In many cases, this is the first time in their lives they were faced with such responsibilities, Pollack said.

Participants are primarily low-income youths. Most can't pay the \$1,800 cost of the three-week course and are

(continued on next page)

Youth Volunteers Maintain Wilderness Trails

(continued from previous page)

on scholarships donated by the industry and foundations.

The youths come from diverse backgrounds and are of all races. Some have been living in shelters. Pollack said the diversity provides a balance that eventually translates into support for one another.

Around mealtimes, they gather in a circle and discuss problems or pour out their feelings. The group recently had visitors for such a noontime circle, including two congressional staff members, U.S. Forest Service trail coordinators and the mayor of Index.

To get to this part of the Henry Jackson Wilderness requires walking through a section of a new proposed wilderness. The coalition put this particular work group on a showcase status to dispel some people's fears that the wilderness designation locks up land so nobody can use it.

That notion is important to counter now, Owen said, because the coalition was one of many environmental groups working with staffs of the U.S. Sen. Patty Murray and Rep. Rick Larsen, both D-Wash., on the proposal to create the 106,000 acre Wild Sky Wilderness. The proposed site is adjacent to Jackson and north of Index and Skykomish.

A wilderness designation is the most restrictive kind of preservation area, but it still allows most kinds of recreation uses.

Murray's Senate bill has had a committee hearing and likely will be voted on in the fall. On the House side, the process has started toward a hearing on Larsen's Wild Sky bill.

The youngsters themselves were buoyed by the wilderness experience. ♦

This program is sponsored by numerous foundations and charitable organizations. For more information, visit http://www.wawild.org/youthvolunteer/page_1.htm

Volunteers Make a Difference One Student at a Time

By Elaine Wilson "Staff writer"
Anacortes American, Anacortes, WA

When Helga Sinkewitsch first ventured to Island View Elementary School to work one-on-one with a needy child, she had no idea that it was the start of a rewarding five-term relationship with teacher Kim Wedul and her forth-graders.

It's hard to imagine Anacortes schools without volunteers such as Sinkewitsch, 72.

They sell tickets at games, check math problems in classes, chaperone field trips, raise money for playground equipment, make costumes for plays, advise clubs, sit on committees, work on site councils, stuff envelopes for administrators, organize dances and events, tutor students who need extra help – the list goes on and on.

Carol Pyke and Candace Thompson organized a series of educational workshops, Connections for Kids, for more than 200 participants. Cathy Pitts started a Ready to Learn Fair to distribute clothing and school supplies to needy kids. Jo Fuqua mentors Fresh Start Students. Ed Malick started a math tutoring program at the high school. Hal Forsey helps middle school students learn about robotics. Leslie Massey, Jerri Eichorn, Debra Loew, Heather Knutsen and many others help in the classroom.

This year, about 450 regular volunteers donated more than 15,000 hours to the Anacortes School District. Jayne Branch, the district's volunteer and communications coordinator knows the number because a volunteer tallies the hours. But many of those who contribute to the schools don't sign a time sheet, and Branch estimates that the actual number of hours may be higher.

"They really are gifts," Branch said of the volunteers. "It's easy to write a check. I think you're really committed when you give time."

It isn't a huge commitment

Most volunteers work an average of one hour a week, she said. "It doesn't take a huge time commitment to make a big difference."

The financial value is striking: Mayor Dean Maxwell estimates that a school volunteer's time is worth \$15.39 per hour in wages and benefits – or about \$239,000 this year alone.

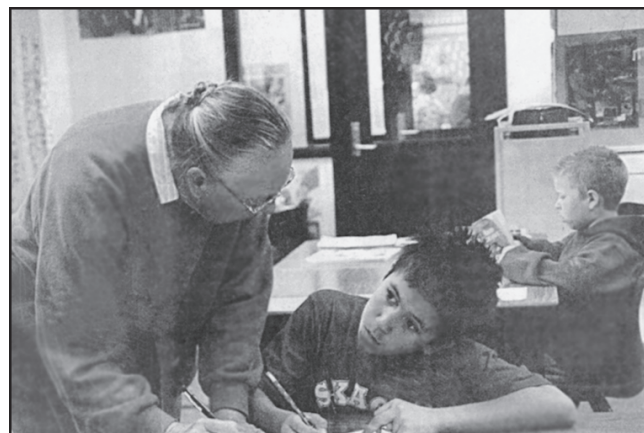


Photo by Elaine Wilson

Helga Sinkewitsch, 72, goes over math problems with fourth-grader Kiefer Hooser in Christin Gaston's class at Island View Elementary School recently. Sinkewitsch has worked with Kim Wedul's classes for five years. Volunteers have contributed more than 15,000 hours to the Anacortes School District this year.

Volunteerism has thrived since Branch joined the school district in 1999. She added structure to a piecemeal system by developing a database of volunteers and collecting specific requests for help from teachers.

"I always have a waiting list of kids that need help," she said. "Some of the teachers are more apt to call me than others."

Branch screens request to make sure that the experience will be positive for volunteers

"If there's a real behavioral problem, I won't place the student. It will be an awful experience and we will lose that volunteer," she said.

Volunteers are required to fill out an application and are asked to grant permission for a background check. Such a check is mandatory for those who will be working alone with children – a rare situation, she said.

"We try to make sure that 99.99 percent of the volunteer situations are supervised, not only for the safety of students, but for the safety of the volunteers," Branch said.

(continued on next page)

Reprinted with permission of the Anacortes American

Volunteers Make a Difference

(continued from previous page)

She works to match volunteers with appropriate subjects and situations.

"I do try to ask the right questions. They'll tell you what they want," she said.

Branch has also stepped up the level of volunteer training, offering monthly orientation sessions to give new volunteers some background in issues such as confidentiality, safety and state educational reform.

"It really makes a difference. It gives them the information they need to go into the schools," she said. "They have a little more understanding of what we teach and what the kids are faced with."

Other new training has also proved effective. The district has offered a "Helping Children Read" class several times this year, and gained five new tutors in English as a Second Language since March. Branch said one new tutor is a woman with ESL credentials who has been in a Middle Eastern country for 11 years, and hopes to be hired eventually.

"In the meantime, she is going to get more experience," Branch said.

Kids volunteer too

The school district also encourages students to volunteer in the schools or the community. At Mount Erie Elementary School, each class is required to com-

plete a community service project. Groups such as the high school's Key Club and Fidalgo's K Kids work on many projects and National Honor Society students tutor their peers.

"Volunteering as a young child or teen is the greatest predictor of whether they'll be volunteering for the rest of their lives," Branch said.

The highest number of volunteer hours are put in at Island View, which has a high number of retiree volunteers.

"At Island View it's phenomenal. It's far and above the leader of the pack," Branch said. "It's wonderful, because it has the highest needs."

Helga Sinkewitsch is one of these retirees. In Christin Gaston's class, she works with students who have fallen behind.

"She pulls out those who needs help, goes in back and gets them caught up," Gaston said. "I'm glad to have her."

Sinkewitsch said it is no accident that she works at the Title I school, with its high population of low-income and special-needs kids.

"I always end up with the low end because they need the help," Sinkewitsch said. "That's what I am here for and I hope it has an impact on them." ♦

Virtually all school districts have volunteer opportunities for assistance that augments programs in the education system. Contact your local school district office for more information.

SKHS Students Throwing 'Senior Prom' for Stafford Suites' Senior Residents

By Elizabeth Williams
Staff Writer, Port Orchard Independent

It's never too late to attend your senior prom.

Residents at Stafford Suites, an assisted-living complex in Port Orchard, will have a second chance to wow their friends and show off their waltzes at the prom being thrown for them tomorrow night by two South Kitsap High School students.

School board representative Jaymi Orser and partner Becky Brenner came up with the prom idea after seeing a newspaper article on a similar event thrown by another high school. The two arranged for the high school jazz band and the school's ensemble singing group — the Highlighters — to provide music at tomorrow evening's event, titled "Forever Young." Orser and Brenner also plan to decorate Stafford Suites' lobby and provide cake and punch as refreshments.

"Everybody's just kind of volunteering their time and efforts," said student advisor Susie Nass.

Orser and Brenner are doing the prom as their Associated Student Body trimester project.

The ASB, which is taken as a graded class, requires participating students to do community or school-oriented project every trimester.

"We thought it would be a good idea to throw one," Orser said.

The staff at Stafford Suites agree. "I just think it is so

neat of them to do that," said Stafford Marketing Director Birgitta Birch. "It's going to be a big thing."

Birch said the families of residents have been invited to attend and staff has been trying to drum up enthusiasm for the idea. Many residents, however, are not quite sure what to think yet. Several said they had little idea of what a prom would entail — their high schools either didn't throw proms or had other spring dances which competed with the prom for popularity.

"I didn't go to high school so I don't have any idea what a prom is," said resident Dorothy Presuhn, but, "I think it's a nice idea."

Proper prom attire was a sticking point for many residents. Some said they would only go if they could wear their everyday clothes, some talked wistfully of the days they had fancy dresses and could still maneuver in high heels. One woman, Kay Anderson, said she was a bit nervous the other residents would think her odd if she showed up in her party dress.

"I think maybe I will (wear it), just to spite these people," she said with a smile. "I have guts."

Birch and Orser hope they can convince at least 40 out of the complex's 50 residents to try out the prom. Even if residents aren't up to dancing anymore, Birch said, they can at least come and listen to the music.

"I hope we can pump them up to come to this," Birch said. "It would be a shame if they didn't" ♦

In this Youth & Adults category, most programs feature adults benefitting youth. In this case, these youth are benefitting older adults by offering social experiences. The youth, however, benefit themselves as well through testing their organizational and planning skills. This community-service project involved minimal financial resources, a music system, willing volunteers and promotional assistance from within the assisted-care facility. For more information, contact student advisor Susie Nass at South Kitsap High School, (360) 876-7318.

Reprinted with permission of the Port Orchard Independent

Pupils Savor the Chance to Talk with Their Adult 'Lunch Buddies'

By LA Monica Everett-Haynes, P-I reporter

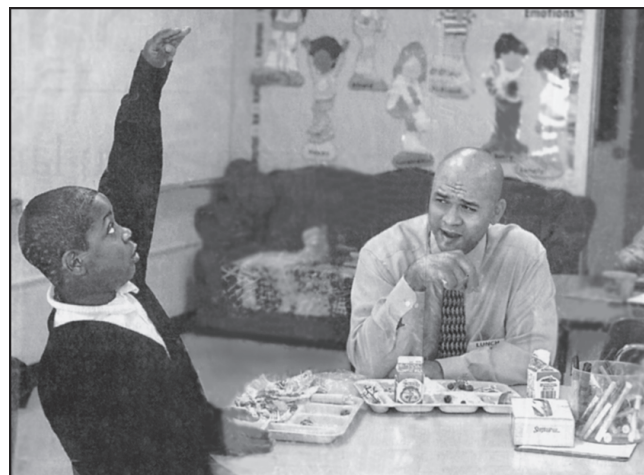
Hastily skip-walking down the empty hallway of his elementary school, Mark wore an expression of angst. Finally, he'd been paired in a lunch buddy mentoring program at White Center Heights Elementary School. As part of the program, about 50 volunteers from the community eat with individual pupils each week. It's a privilege coveted more than double fudge ice cream or an extra half-hour to recess.

At White Center Heights, the student body speaks nearly 30 languages and represents 24 countries. Most families are economically disadvantaged, and about 93 percent of the pupils there qualify for reduced lunch, said Greta Salmi, the school's principal. In the eight years since the mentoring program began, more than 200 pupils have participated, and most of the school's 400 pupils want to join. "Kids need to have the contact with adults, because they are trying to figure out what adults are all about," said Shari Krugler, the program's coordinator. "They are trying to figure out how they will be as adults."

That's something that another pupil, named Binyam, had a hard time figuring out. He had a dreadful temper and would become furious when he didn't get his way. The routine was the same: He would slam things around and ignore anyone who tried to speak to him. But six years ago, his life changed when he met Steven Curry.

Binyam's uncle, who was learning how to play basketball on Curry's youth team, invited Curry to a wedding reception. There, the youngsters had to pick an adult and teach them the Eskesta – an Ethiopian shoulder dance. Binyam picked Curry. He later asked Curry to become his lunch buddy. "Now he's known throughout the community as being someone who is focused and one who takes advantage of tutoring," Curry said of Binyam. Binyam, now an eighth grader, attends junior high school, but still keeps in touch with Curry.

Pupils with behavioral problems aren't the only ones who are teamed up with lunch buddies. "These children need to know they live in a world that is much bigger than their own," Salmi said. "Often, children of poverty don't have connections like children who have means." Other pupils are nominated be-



By Meryl Schenker

Joquan, an 8-year-old at White Center Heights Elementary School, is one of the lucky pupils who has a lunch buddy, Marcus Ross of Auburn.

cause they are shy; some have parents who are divorced or in prison; some simply need more individual attention.

That's what 8-year-old Joquan needed. During his first one-hour meeting with his buddy, Joquan was bound to his chair with uncontrollable laughter – barely able to speak. They talked about bicycle injuries, Dairy Queen's health bars and Joquan's three pet dogs and two pet frogs. "I wanted to have someone to be with during recess because my classmates don't help me out with stuff – like talking and bringing me lunch," Joquan said.

Krugler said that all the pupils who have lunch buddies know they are the lucky ones. "They forget their homework, they forget their chores, but they never forget the day their lunch buddy is coming, and they are never absent on that day," she said. Only one other school in Highline Public School has the lunch buddy program: Madrona Elementary School, with 65 volunteers. Madrona's program began about the same time as the one at White Center Heights, but it focused on pupils who had a high risk of getting involved with drugs and alcohol.

(continued on next page)

Reprinted with permission of the Seattle Post Intelligencer

Pupils Savor the Chance

(continued from previous page)

Alaska Airlines employees volunteered — and the majority of them still do — often taking pupils to the airline's hangar and corporate office. "We'd like to make our students more career-oriented and aware of what's out there," said Bonnie Paasche, a counselor at Madrona. "The kids learn common sense, manners and learn how to carry on a conversation. That's what 11-year-old Dan, a White Center Heights sixth-grader, values most. "Adults know lots more things and talk about what's happening — like in Iraq," said Dan, who's wanted a buddy since

first grade. "My friends just jump right in, but my lunch buddy listens," he said.

Like Dan, many pupils, who want lunch buddies write letters to Krugler. Even though the letters contain spelling mistakes, the underlying message isn't lost: "The reason I want a lunch buddy is because I have no one to play with," one pupil wrote.

"If I had a problem, I could talk to my lunch buddy." ♦

Mentoring programs such as this lunch buddy arrangement are offered through many school districts, linking adult guidance, schoolwork and youth that can often use a responsible and independent voice in sorting out challenges in a world they're growing into. Check with your local school district to see what opportunities exist in your area.

World-Changer Program Links Youth with Repair and Restoration Projects

By Shane Cleveland
Special to the Patriot (Kitsap)

In its fourth year of operation in Bremerton, World Changers 277 youths were organized with hammers and paint brushes to work on some 22 project homes with residents in need of assistance.

Bob and Clayudette Tulp are largely responsible for getting World Changers in Kitsap County in the first place. Through their church, Kitsap Lake Baptist, they became involved with the student volunteer initiative of the North American Mission Board when they brought youth groups to California and Georgia to participate in World Changers.

The couple noticed that the program which started in the Southeast remained largely in that area, and they wanted to expand it to the Northwest.

"We were saying 'hey this can happen here, we can do this,'" Clayudette said.

In February, 16,000 applications were mailed to Bremerton residents in their water bills. Three hundred applications were returned, and based on the number of youths who were coming, they narrowed it to 22 houses.

To be eligible, the resident must be an owner-occupant within the city limits and meet certain income requirements.

"We try to be fair and get the houses in the worst condition, and can get the work done in four-and-a-half days," Tulp said.

Typically, elderly residents are chosen because they have fixed incomes and are unable to do the work themselves.

The Christian youth organization partners with the city and the federal Housing and Urban Development group, which provides all the materials.

The World Changers youths provide the labor. This year, 20 youth groups arrived from Arkansas, British Columbia, California, Florida, Nebraska, Oregon,



Photo by Rogerick Anas

Briana Brisby, of Finley, Wash., and Katy Sonsalla of Spokane paint the front porch of a Bremerton home as part of the World Changers effort this week. The Christian youngsters largely paid their own way to travel the nation helping low-income and often elderly homeowners fix up their residences.

Tennessee, Texas, Washington and Wyoming.

The kids pay \$245 in addition to funding their own transportation. They slept in classrooms at Bremerton Junior High School.

"It's really a cool week in their life," Clayudette said.

A work crew, varying in size depending on the job, is assigned to each site. Members chose a group name and work together to complete the project. Thirteen local churches volunteered to serve lunch to the crews.

Hollie Adams, 16, and John Wuthrich, 17, learned about World Changers through their Spokane church and decided to join. They were in the "Nail Heads" crew, which painted and re-roofed 87-year-old Helen McDowell's East Bremerton home.

"It's fun seeing their faces light up from people doing something nice for them," Adams said.

(continued on next page)

World-Changing

(continued from previous page)

Wuthrich said he enjoyed contributing more than just manual labor, and liked “Showing them there are people out there that will help...”

McDowell’s daughter, Karen Steele, convinced her mom to apply to have her home revamped.

“These kids are so great,” Steele said. “She certainly doesn’t have the money, I said this would be perfect.”

McDowell, who has lived in the house for 53 years, said her cats were not fond of the hammering on the roof but she was very thankful for the “nice” kids improving her home.

“It is wonderful what they are doing...I wouldn’t have probably had it done for a while,” she said.

Before they began work last weekend, the kids spent time building bird feeders to give to each resident along with a group photo of the crew that worked on their house. ♦

This project coordinates volunteer youth and a review process to select homes best targeted for maintenance projects. Youth give of their energy and money they raise to be part of the program, administered through an outreach program. Cooperation from the city water utility helped find prospective project homes.

Klickitat School Partners with D.O.T. and Conservation District for Habitat Understanding

Elementary students studying fish habitat have been aided in their access to fish runs through cooperation from the WSDOT crew in Bingen, the local conservation district and kindly volunteer laborers. Students from Whitson Elementary school use part of the Lower Jewett Creek as an outdoor classroom for the study of steelhead and coho salmon and their habitat.

Each month during the school year, the children and their teachers trek to the creek in order to do carefully-monitored field investigation of water quality, ecosystem health and habitat changes. When the regular access route to the site was closed, the Underwood Conservation District and the school approached WSDOT regarding the possibility of the students gaining access to the creek via the state's property.

Local Bingen DOT maintenance technician Charley Hazen made it his personal mission to get approval for the request from DOT and more. In addition to assisting the UDC through the state property access process and associated liability issues, Hazen also helped create a parking area



White Salmon Enterprise Photo



White Salmon Enterprise Photo

next to the access point to the creek for the school bus, installed an access gate and provided gravel for development of a trail for students to take down to the creek. The trail and steps leading from the gate to the creek were constructed by Rev. David Duncombe of Stream Keepers and Rev. Bernie Krager of the UCD. There is also a level area on the north end of the bus parking area where DOT will be placing picnic tables for the kids and staff to finish up paperwork and stuff after their field work is done but before they load the bus.

The tables will be donated by the Klickitat-Skamania Development Council with some refurbishing work done by Rev. Duncombe and UCD. The parking area and gate were constructed by Bingen Maintenance Crew at no extra cost to taxpayers using materials already on hand. ♦

The relationship offers a model of environmental handshaking efforts from WSDOT, the conservation district and the good work of local volunteers. Environmental education was improved with this simple enhancement of existing facilities. For more information about this project, contact volunteer David Duncombe, (509) 493-4991.

Reprinted with permission of the White Salmon Enterprise

Teen Center Steps up Activities with Dance Classes — Offers Issue Discussion Opportunities

Local Armory Facility Renews Community Youth Programs

By Aydrea Walden
Walla Walla Union Bulletin

The southeast corner of the National Guard Armory's gym is sectioned off from the rest of the room. Boys play basketball around it, ignoring the occasional shouts. The weekly dance class is one of two new programs available for youths, getting good community use of armory facilities.

The other is Girl's Night In – a monthly rap session where young women talk about image, esteem, relationships and drug and alcohol abuse prevention. Organizers Teri Barila and Community Connections coordinator Susan Stewart-Rickleman invite community leaders to discuss issues the girls face.

"The whole idea is that we would have a fun activity with a prevention theme," Barila said. For example, the March session, "Beauty Secrets," used five booths to talk about different aspects of being beautiful – both inside and out.

Presenters talked about facial, nail and hair care while also discussing the effects of drugs, alcohol and stress can have on a person's appearance. They used video clips to show what the movies portray as acceptable body images and used graphic props – such as a set of black, damaged pig lungs – to show what smoking can do to the respiratory system.

At April's session, "Real Love Will Drive You Sane," Leticia Lopez, a Seattle woman who works with Latino children, led a discussion promoting healthy choices in romantic relationships. Barila said several young women have come forward after the sessions and asked for help with substance abuse problems.

"Even if girls come and don't say a word, you know they've been exposed to a discussion around a topic they're exposed to every day," Barila said.

Every Wednesday night from 8 p.m. to 9:30, Sarah Lutchter leads a group of 15 to 20 girls in hip-



Photo by GREG LEHMAN

Choreographer Ita Trejo demonstrates a move to (left to right in back) Kellie Davis, Sarah Lutchter and April Tinney at the Teen Center at the National Guard Armory Wednesday night. The class meets once a week and works on hip-hop, jazz and modern dance moves.

hop, modern and jazz dance moves. Attendance is flexible. "We want to keep it open-ended so they feel they can drop in when they want," said Lutchter, 23.

The class does basic warm-up and stretching exercises and across-the-floor simple choreography. Classes conclude with learning a routine taught by Walla Walla High School junior Ita Trejo.

Trejo is making her choreography debut with a piece to be performed at a talent show in early June.

The center "is the only place I knew I would have the chance to do whatever I want," she said.

The Teen Center is located in the National Guard Armory at Poplar and Colville streets, is open Wednesday, Friday and Saturday nights from 6-10 p.m.

(continued on next page)

Teen Center Steps Up Activities

(continued from previous page)

Run by the Community Center for Youth, the Teen Center offers a variety of athletic, artistic and leadership activities. Most activities are free.

The center also holds informational sessions on career and college choices, and provides tutoring on Wednesday nights. ♦

This Walla Walla teen center takes advantage of the local, National Guard Armory facility. They receive financial support from the City of Walla Walla, the Blue Mountain Art Alliance, the Walla Walla Community Network and numerous other sources. For more information, call (509) 522-3006.

Forest After-School Program Teaches Students Cooperation

*Reprinted with permission
Skamania County Pioneer*

A fall hike on the Whistlepunk Trail at Hemlock and a look at the Canopy Crane were highlights of a Mt. Pleasant School forest excursion.

It was the final segment of a week-long after school adventure program including rope activities, "Project Learning Tree," snacks and field trips.

During the week, students learn about photosynthesis, and how trees grow and function in the forest environment.

They calculate the amount of oxygen produced in one day by one tree (about enough to cover a baseball field).

They learn how trees interact and compete for light, water and nutrients, and look at "tree cookies" through magnifiers.

But mostly, they have a lot of fun, such as forming a "yurt circle" with a rope, which teaches cooperation and trust.

The kids first form a circle while holding onto the

rope, then lean back. They then graduate to supporting each other as they bend backward all the way to the ground, returning to a standing position while hanging onto the rope.

Providing encouragement and hanging onto the rope knot is Alice Meyers, a wildlife biologist employed by Skamania County Forest Youth Success program as its coordinator.

The snacks are healthy — apple juice, raisins, crackers and milk — and are also funded through the program.

Bus or van transportation is available to local bus stops during the week. For the Saturday Field trip, students are also picked up and dropped off at bus stops.

On Saturdays when the weather doesn't cooperate for outdoor activities, Meyers takes students on a tour of a local lumber mill.

"We're trying to get the word out to parents," said Meyers. "We've already gotten some funding for next year." ♦

The week-long learning segment is available to all elementary schools in the county, through a Title III grant.

The Secure Rural Schools and Community Self-Determination Act of 2000, which replaced the timber harvest revenues of previous years, also included Title II and III funding for improvements and educational projects on the Gifford Pinchot.

The grant is a partnership with the WSU County Extension 4-H program, the Gifford Pinchot National Forest, the Stevenson-Carson School District and Skamania County.

Reprinted with permission of The Skamania County Pioneer

Volunteers

Volunteers

| | |
|---|----|
| Volunteers Assist Elderly with Transportation in Peninsula Area | 47 |
| Jefferson County | |
| Group Helps Needy Families Feed Pets | 49 |
| Okanogan County | |
| Coupeville Group Assists People into Their Own Homes | 50 |
| Island County | |
| Volunteer Fair Organized Event by Spokane Leadership Group | 52 |
| Spokane County | |
| Group Collects Clothing to Give it Away | 54 |
| Grant County | |
| Lower Yakima Valley Literacy Program Needing Volunteers | 55 |
| Yakima County | |
| Volunteers Distribute Books and Read with Students | 56 |
| Pierce County | |
| Volunteers Lend a Hand to Build Innisfree | 57 |
| San Juan County | |
| Group Helps Those Nearing End of Life | 58 |
| Kittitas County | |
| Group Spawns Technology Improvement <i>Mount Vernon Sets Up Fiber-Optic Loop</i> | 60 |
| Skagit County | |
| Program Provides PJ's and Blankets for Abuse Victims | 61 |
| Lewis County | |
| Foothills Rails-To-Trails Coalition Takes Charge of Vandalism Cleanup | 62 |
| Pierce County | |
| Forest Improvement Organizing Helps Hikers Give Something Back <i>Volunteers pitch in to maintain national forest trails</i> | 63 |
| Skagit County | |
| Volunteers Take Stewardship of Whatcom County Stream | 64 |
| Whatcom County | |
| Master Gardener Programs Combine Education, Service | 65 |
| Lewis County | |
| Restoring Tibbits Creek — Cleanup at Former Mine Site | 66 |
| King County | |

Volunteers Assist Elderly with Transportation in Peninsula Area

By Helen Hollister
Lead Staff Writer, Port Townsend Leader

Gloria George was battling cancer and had just come out of the surgery when her physician told her she needed to go to radiation treatment five days a week for six weeks. George, 75, who was relatively new to the Port Townsend area, didn't drive and didn't know what to do.

"I asked how am I going to get to Sequim?" George recalled. Later, George's nurse told her about ECHHO (Ecumenical Christian Helping Hands Organization), an organization dedicated to providing services for people in need.

"It's tough enough when you have a problem and then have to worry about transportation," George said. Whatever the need is, ECHHO seems to fill it, George said. She described all of the ECHHO volunteers she came across as efficient and caring people who were very good drivers. "I can't rave about these people enough," George said. "They were a Godsend to me."



Photo courtesy of ECHHO

ECHHO volunteers provide valuable services to local residents, including transporting people to doctors' appointments outside the county or simply chatting over a cup of coffee.

100 Volunteers

During the five years that ECHHO has been in operation, the program has amassed more than 100 volunteers, most of whom are retirees, said Kay Goodhue, referrals manager. The program has extended its services to include yard work and housework, and collects volunteers from more than 20 churches throughout Jefferson County.

Goodhue explained the motto of ECHHO, a Christian-based organization. "Feed my sheep," she quoted Jesus saying to Peter. Goodhue said, "It's about loving your neighbor." I get immense satisfaction knowing I am making a difference in our own little community."

Most of ECHHO's referrals come through churches, neighbors, doctors and nurses, senior information and social workers, Goodhue said. People interested in receiving ECHHO's services are advised not to call the program directly.

Volunteers must submit to a background check with the Washington State Patrol, have a clean driving record and provide references before they are allowed to work, said Wilma Hackman, ECHHO volunteers coordinator.

In addition to giving rides, the program also loans out medical equipment, everything from walkers to wheelchairs, lift chairs, canes, crutches and hospital beds.

"Often insurance doesn't cover these things, so that equipment is a very valuable service for people," Hackman said. "We make it available to whoever needs it." The equipment is donated by community members and stored in the basement of the Elks Lodge.

(continued on next page)

Volunteers Assist Elderly with Transportation

(continued from previous page)

Most requests for assistance come from Port Townsend and the Tri-Area, but ECHHO also takes requests from Quilcene, Brinnon and Discovery Bay, Hackman said.

"We don't have as many volunteers in south county, so it's more difficult to find people for that area, but we try." Hackman said. ♦

Community and church coalitions in Port Townsend have combined their volunteer strength with assistance of the local Elks Lodge and others in looking after its elderly population. For more information, contact ECHHO, (360) 379-3246.

Group Helps Needy Families Feed Pets

By Katherine Calhoon
Methow Valley News, Twisp WA

A program in Twisp aims to ensure starving animals don't go unfed. Starving Pets and Animal Rescue Efforts (SPARE) is a non-profit group operated by Jim Schelinski and his wife Susan to provide pet food to hungry companion dogs and cats via local food banks and homeless shelters.

SPARE purchases dog food at cost from a local vendor who has made special pricing arrangements. The group has raised money at rest stop booths on highways and at animal shows put on by a group, Fur Fanciers of Washington.

"By providing food for pets, SPARE supports individuals and families in their efforts to keep or adopt companion animals," said Jim. "Research has shown that people with pets live longer, healthier lives."

"We were trying to think of a way to fill a need not being met in this community," said Susan "and I woke up one morning at 4 a.m. with this idea."

The Schelinskis said they believe people who are already experiencing hardships brought on by lack of income don't need the additional trauma of having to give up pets because they can't afford to feed them.

Another concern the Schelinskis voiced was that low-income folks might feed their pets human food, and go without themselves.

SPARE is in need of donations of both time and money. Volunteers would have the opportunity to



Photo by John Hanlon

Jim Schelinski, left, helps hoist the bulk of 400 pounds of dog food his organization, SPARE, recently donated to The Cove.

package and distribute pet food as well as participate in fund-raising activities to purchase pet food.

The minimum age requirement for volunteering is 12 years of age, and students 12-16 years old must be accompanied by an adult at all times. ♦

For more information contact the Schelinskis at (509) 997-0269.

Coupeville Group Assists People Into Their Own Homes

By P. Christine Smith
Staff reporter Whidbey News-Times, Oak Harbor, WA

Volunteers assemble to build homes that enable low-income families the ability for owning their home. The Habitat for Humanities chapters on Island County assembled 70 volunteers one particular day to build a home for a couple, Farley and Lenita Graves.

The Graves and the volunteer corps are building a new habitat, to be completed this summer.

The day's work included the raising of the first walls of a brand-new house the Graves family is purchasing with the help of Habitat for Humanity of Island County.

But more than just a house, the structure and the work going into it, have special meaning to the couple, married nearly four years ago.

"There are a lot of caring people around who are willing to put in time so we can have a livable place to live," said Lenita Graves over the sounds of hammering and sawing.

Each Habitat for Humanity house on Whidbey Island comes with about a \$50,000 price tag for materials. The homes are built on donated lots by volunteers. Those purchasing the homes must qualify financially and must contribute "Sweat equity" to the building process. Purchasers secure a mortgage to pay off the \$50,000 debt.

The homes are not a hand-out, said Habitat Selection Committee Chairperson Yvonne McGinnis. Rather, Habitat is trying to reach families that have the means to qualify for the small mortgages on the houses the organization builds, but could not afford the normally higher-priced real estate conventional market place.

Lenita Graves is a substitute teacher at Coupeville Elementary School. With a master's degree under her belt, she hopes to get a full-time teaching position. Farley Graves is developing a Web site business that the couple hopes will turn a profit.

"You learn quick.
Anybody can do it,"

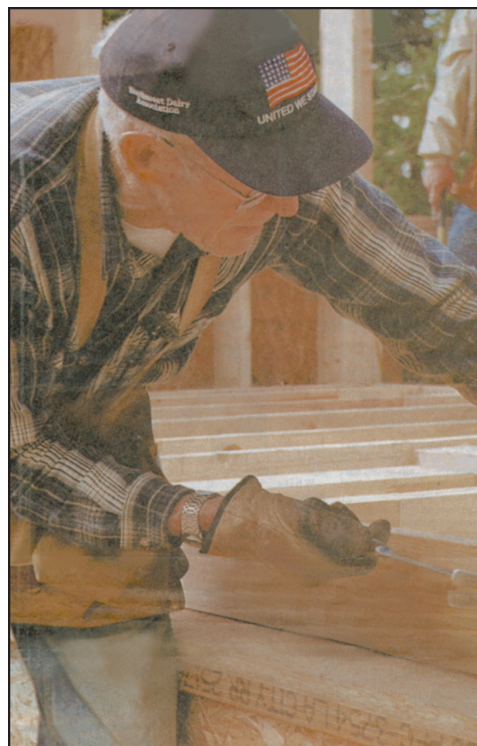


Photo by P. Christine Smith

Bob Muzzall, 87, drives a nail firmly into the latest Habitat for Humanity house. Rick Ferguson, a general contractor, volunteered his time on Saturday to Habitat for Humanity.

With the weather cooperating on Saturday, the number of volunteers that turned out to help erect the structure was evidenced by the row of cars and trucks lining both sides of the residential street.

"I thought there'd be three or four people show up," said volunteer Baker Ferrall, a retired Marine. "There's close to 70 volunteers here."

Young and elderly, men and women, the group of volunteers seemed to effortlessly raise the four outer walls of the house and secure them into place. The majority of those pounding nails don't even have construction experience.

(continued on next page)

Coupeville Group Assists People

(continued from previous page)

"You learn quick. Anybody can do it," said volunteer Diane Olson, who worked side-by-side with a man she had never before met, Dave Mark. The two were hammering support beams for the floor.

The volunteer construction crews are supervised by professional general contractors that volunteer their time. One contractor working with the crew on Saturday was Mark Barlup. Barlup has worked on three Habitat houses on Whidbey Island.

Harvey Herrigstad is the volunteer coordinator. A retiree, Herrigstad has been with Habitat for Humanity since the chapters were formed in Island County.

"I've been kind of the construction guy for the north end," Herrigstad said.

Volunteers are mostly found through the organization's church relations committee. While many volunteers are active Christians, and the group has Christian roots, there is no religious requirement for volunteer participation or for those that are selected to purchase the homes, McGinnis said.

While constructing a home is a huge undertaking, Pastor Bob Welch said in his prayer during the naming ceremony, "many hands make light work". ♦

Local chapters of Habitat for Humanity are located throughout the United States. For a listing of chapters in the state of Washington, visit <http://www2.habitat.org>

Volunteer Fair Organized Event by Spokane Leadership Group

By Craig Howard
Staff Writer Valley News Herald

A group organized to cultivate volunteer leadership group in Spokane recently undertook a new event: a volunteer fair in Spokane. "We're looking for leaders," said Judy Lippman of Camp Fire USA. Lippman was one of nearly 30 representatives from non-profit organizations gathered for the second annual volunteer fair in Spokane.

Underscoring the demand for Leadership Spokane's role in developing community volunteer leaders, the event serves as a sort of meet market, putting volunteer organizations in touch with budding community volunteer leaders.

The fair coincided with the graduation ceremony for the class of 2002 from Leadership Spokane and Youth Leadership Spokane.

In a video presentation at the beginning of the ceremony, Raymond Reyes, a professor at Gonzaga University, and a graduate of Leadership Spokane, encouraged this year's class to "serve life as if you view life as a gift."

Like prominent corporations recruiting top college graduates, the groups who came to the fair knew they were looking at the cream of the crop.

"These are people who lead other people and that's who motivate other people to get involved," said Susan Cairry, volunteer coordinator for the Spokane County Juvenile Court. "Social service agencies are under more pressure than they've probably been in 20 years, just looking at finances. So, everybody's anxious to offer people opportunities to get involved."

Spokane City Councilman Dennis Hession opened the graduation ceremony by reading congratulatory letters from Spokane Mayor John Powers and Gov. Gary Locke.

Powers officially proclaimed June 13, 2002, "Community Leadership Day."



Photo by Craig Howard

Amanda Sparr, University High School Sophomore and 2002 Youth Leadership Spokane graduate, discusses volunteer opportunities with Tony Manley, YMCA membership director. Sparr was one of 33 teen-agers who participated in the program's volunteer fair last Thursday.

A total of 36 adults and 33 teen-agers completed the 10-month program. Students are selected after an intensive application and screening process, according to Linda Finney, executive director of Leadership Spokane.

Finney said the idea to combine the graduation ceremony with the volunteer fair provides an opportunity for graduates to begin networking with the worthy causes.

Finney estimated that all of the groups represented at the fair have past graduates of Leadership Spokane on staff.

"A lot of volunteer organizations call me up and say 'We need a board member,'" Finney said. "I'll send out an e-mail and they tell me they get eight or nine

(continued on next page)

Volunteer Fair Organized Event by Spokane Leadership Group

(continued from previous page)

responses. So, it's a good way for organizations in town to get well-trained, well-connected policy-level volunteer leaders."

Graduates of the adult program commit one Friday a month to the leadership courses which focus on everything from time management to public speaking skills.

Robert Hartman, an obstetrician-gynecologist with a private practice in the Valley, said the program will benefit him in his new role as president of the Spokane County Medical Society for 2003.

"I've met a lot of great people who are active in our community, and I've learned a lot," he said. "The classes really are useful in terms of trying to garner consensus, trying to move forward."

Youth graduates presented a self-produced video focusing on the dangers of tobacco advertising targeted to adolescents.

The youth program, founded and directed by Barbara Richardson, leads students through skills workshops and on-site training at places like Grace Harvest and Spokane County Juvenile Detention Center.

"I got the biggest eye-opener of my life," said Amanda Sparr, a University High School sophomore. "Before this, I was really focusing on myself and what I wanted to do, but now I realize that being a leader involves serving others." ♦

Many communities have developed leadership development organizations. You can often get referral information from your local Chamber of Commerce. For more about Spokane's program, call (509) 459-4116.

Group Collects Clothing to Give it Away



A Seattle-Based group, Kids Without Borders donated clothing with people in need of clothing in other parts of the state, even around the world. In an outreach project with the Soap Lake area, Soap Lake volunteers from preschool to high school turned out to help distribute new clothing to needy families. More than \$7,000 in clothing was distributed in this Soap Lake event, which benefited more than 100 children.

Kids Without Borders arrange acquisition of clothing from manufacturers, retailers, vendors and suppliers of children's products. It also receives sup-



port from various foundations, service organizations and businesses. It is organized through the Greater Seattle Vietnam Association. ♦

For more information, contact the Greater Seattle Vietnam Association, (206) 322-1178.

Lower Yakima Valley Literacy Program Needing Volunteers

By Joanna Luft
Sunnyside Daily Sun News

The Washington Reading Corps of Lower Yakima Valley connects community volunteers with students who need help with reading. But the Lower Valley program is in need of volunteers to meet overwhelming demands. "We have 800 students that need help in reading," said Luz Fajardo, the AmeriCorps Vista leader who coordinates the effort to help students receive tutors in the school districts of Grandview, Granger, Mabton and Sunnyside.

The Reading Corps has been around since 1998, and is administered by AmeriCorps Vista, the national service organization, whose goal includes increasing the literacy rate nationwide.

Students in the Lower Valley who have scored at a certain level of reading qualify to be helped by the Washington Reading Corps so they will improve their reading, said Fajardo. To help struggling students, tutors from the community are needed.

Volunteers who want to become reading tutors will be assigned a student at one of the elementary schools in the four districts. Not only will a tutor help a student, but it's also a chance for citizens to understand how the educational process works and to make a difference in a student's educational progress, said Fajardo.

Tutors can spend as many hours helping students as they wish. Most of the opportunities available for tutoring are within school hours, but after-school hours are also available. ♦

For more information about becoming a volunteer tutor, contact Luz Fajardo at (509) 839-2717.

Reprinted with permission of the Sunnyside Daily Sun News

Volunteers Distribute Books and Read with Students

By Amber Heston
Puyallup Herald

An ongoing literacy project at Chief Leschi Elementary School in Puyallup links community volunteers with students whose skills need developing. Volunteers distribute books and read to kids at this school for children of Native American heritage. Some companies have spirited a team approach in their contributions, the gifting of themselves.

Nearly 20 volunteers from the Frank Russell Company, a Tacoma-based global investment services firm, visited the school one day to distribute books and read with the students.

"Your biggest job here today is not to get to the end of the book," Sam Whiting, executive director of the children's literacy program Page Ahead, told the volunteers. "Your job today is to create some type of relationship with the children so they think there's other people in the world who read, not just their teacher or librarian or principal," he said.

Whiting said Page Ahead has been providing books to Chief Leschi's students for four years.

He said research shows the two most important factors in a child's reading success are having age-appropriate reading material available to them, and parental involvement.

This can sometimes be difficult for parents of students who attend Chief Leschi, a school for children of Native American heritage.

"Part of what we try to do is help them create a greater level of comfort, particularly around reading," he said.

Many of the students' parents have trouble reading English, he said. "It can be a real barrier," Whiting said. "Part of what we try to do is help them create a greater level of comfort, particularly around reading," he said.

Groups of two to four volunteers circulate the classrooms, spending 30 minutes with each class. They began by decorating bookmarks with the kids. Students were then able to select a book to read with a volunteer, and then take home.

"Mostly what we're trying to do is say, 'Reading is important to everybody, and we're here to support you in your desire to read,'" Whiting said. ♦

The Werlin Reading Team at Chief Leschi Elementary School is seeking volunteers to tutor students in kindergarten through third grades. Tutors meet with their students twice a week for 30 minutes to read, study and mentor in a one-on-one setting. For more information call Kelly Nary, Werlin Program coordinator, at (253) 445-6000, ext. 3061

Reprinted with permission of the Puyallup Herald

Volunteers Lend a Hand to Build Innisfree

By Ron Hall

Island's Weekly Newspaper, San Juan County

This is a great concept," enthused Carol Whetten. "It is a way to give back to the community." Carol and 30 to 40 of her neighbors participated in the first "Volunteer Home Building Work Day" September 14, at Innisfree, the newest Lopez Community Land Trust (LCLT) affordable housing site. Carol and her husband, Jim have committed to work at the site for 12 hours per week, assisting owner/builders erect their new homes.

"Building partners pair owners with community members interested in volunteering some time to build the homes."

One of the components of the affordable housing funding is a mandate that the owners must commit to 24 hours a week building their home. The Building Partners, as well as friends and community members, help make up those 24 hours. Building partners pair owners with community members interested in volunteering some time to build the homes.

"We are asking for a minimum of 4 hours a week for Building Partners," said Carl Jones, chair of the LCLT Housing Committee. Besides Building Partners, the site has one general contractor (Rick Aydelotte), a lead carpenter (John Droubay) two carpenters (Scott Trounson and Scott Steckler), and interns who come from around the world for limited stays.

These people help the owners construct the homes. And the volunteer work days are ways to have many community members join in raising rafters, laying

porches, shingling, etc. These days move the whole project along at a faster pace. There are eight houses and two multi-use buildings in the Innisfree community.

Skill levels and experience ranged from the novice to the professional. "Everyone has something to contribute," said Iris Graville, LCLT Board President. "I have no practical building skills but I am committed to permanently affordable housing in order to keep our community diverse. This is a way that I can help."

Jones was busy assigning helpers to leads, giving encouragement and answering questions about the project to those who stopped by throughout the day. And he helped with the construction too.

The interns worked side by side with community members to construct the new houses.

John Droubay, lead carpenter, has 15 years of construction experience. "The most challenging aspect is keeping the people going the right direction and being productive with the time they have. But it is rewarding to work with so many different people, teaching them some new skills and seeing their joy at building their own home." ♦

"The most challenging aspect is keeping the people going the right direction and being productive with the time they have..."

If you are interested in becoming a Building Partner, call Sandy Wood, LCLT Director at (360) 468-3723.

Reprinted with permission of the Island's Weekly Newspaper

Group Helps Those Nearing End of Life

By Hope Anderson
Staff Intern, Ellensburg Daily Record

The blend of friendship and volunteerism is a signature trait of the services Hospice Friends provides.

The core of the program is to provide volunteers who serve people facing death, said Linda Waters, the director of Hospice Friends. Services are provided to ensure the best life is possible at the end, she said.

"Volunteers provide companionship to people who feel cut off from the community," Waters said. "They bring the community to them."

Hospice Friends also provide medical equipment, nutritional supplements, bereavement support and information about services available in the community.

And all for free. The group does not receive any government money; donations alone keep it afloat. Hospice Friends is not affiliated with any national organization. It is an Ellensburg-based organization, so all donations benefit the local community.

Without government support, Hospice Friends' hands are untied. Typical medical hospices, which are supported by Medicare, are required to wait to help until a doctor issues a six-months-to-live order and an agreement not to resuscitate is signed. Hospice Friends can go into someone's home at any time services are needed, before or after death is imminent.

Many medical hospices make the stipulation that medical care cannot be actively pursued. Hospice Friends can give rides to doctor appointments. Hospice Friends cares for 55 to 65 patients at a time, usually with an overlap of eight to 10 patients who also receive aid from Ellensburg's medical hospice.

Hospice Friends is fueled by volunteers, who number 25 at the present time. The amount fluctuates because volunteers often take time off for healing after a patient dies. "Death is a daily part of our lives, so hospice volunteers are special people," Waters said. "Not everyone can handle the intensity."

Volunteers must pass screenings at several levels, attend 21 hours of training and receive immunizations.



Photo by Joe Whiteside

Kathy Mee, right, helps Louise Oien down the stairs of Oien's home in Ellensburg. Oien suffers from

multiple sclerosis and cancer and the aid from Mee, a Hospice Friends' volunteer, helps for her to stay in her own home and out of a nursing home.

Once training is completed, volunteers can choose from a range of services. That includes providing transportation, dropping off supplies and giving companionship. And volunteers can give as much or as little time commitment as they want.

Everything is strictly confidential, too. No one needs to know if you are volunteering, Waters said.

The patient is not the only one to reap the benefits of Hospice Friends' care. Becky Jensen, who was the primary care giver for her late mother-in-law Alice Jensen, is a retired registered nurse and thought she could easily provide home care. But soon Hospice Friends'

(continued on next page)

Group Helps Those Nearing End of Life

(continued from previous page)

weekly visits became invaluable to her. "I couldn't have done it without them," she said.

Another volunteer who owns a video production business made a video of Alice's life. He spent hours and hours of his time for free. Another woman came in and played the harp for relaxation music.

Many of the volunteers have become involved because Hospice Friends has played a role in their lives, helping their loved ones.

Waters, the director of Hospice Friends, became involved herself because of an experience with a loved one. Her fiance died of a liver failure 16 years ago and a hospice worker came in to help. Afterward, she knew she would be where she is now, she said. "It feels like everything I have learned in life I have used in this job," she said.

One of Waters' goals is to increase the community's

awareness of Hospice Friends. "I want people to know what it is, so when the time comes, we can be there," she said.

Hospice Friends has been involved in Kittitas County since 1994, although Kittitas Valley Community Hospital's Hospice has been in the community since 1982.

Hospice and Hospice Friends work closely together, actually sharing the same building. Hospice provides telephone lines, fax and copy machines and utilities. In exchange, Hospice Friends supplies volunteers to KVCH Hospice.

And improving the care is another of Walters' goals. More volunteers are always needed, she said. "What are we worth if we can't help people?" she said. "All you have to do is read the obituaries and see how many people mention Hospice Friends to see how much they have done." ♦

For more information about Hospice Friends in Ellensburg,
call (509) 962-7379.

Group Spawns Technology Improvement

Mount Vernon Sets Up Fiber-Optic Loop

By Beverly Crichfield "Staff writer"
Skagit Valley Herald, Mount Vernon, WA

Technology is growing in Mount Vernon with its new fiber optic loop recently completed – the city is finding multiple uses, it's attracting local businesses and expanding its own usefulness. Leading the way in Mount Vernon's fiber optic growth were illuminating perspectives from the annual Skagit Community Technology Summit, first held in 1998.

The annual summit is a chance for the city to outline how technology has spurred economic development, Mount Vernon Mayor Skye Richendrfer said. And it's an opportunity to showcase the new fiber network and how it can be used by local businesses, agencies and other governments, Richendrfer said.

"Now that we've made progress expanding the network and the capabilities for public and private agencies, we want to get the community back together again to talk about it," Richendrfer said.

The city's fiber-optic loop was completed late last year. The line runs from downtown Mount Vernon, east to College Way, south on La Venture Road, onto Blackburn Road and then to City Hall. Along the way, the fiber-optic line connects City Hall, the Skagit County 911 Center, all the schools in the area, the police and court building off Continental Place and the sewer treatment plant in south Mount Vernon.



Carrie Buckner (left), 26, Mount Vernon Mayor Skye Richendrfer and Kelsie Beckner, 22, sit down at City Hall to plan the upcoming Skagit Community Technology Summit. The Beckners are volunteering their services to the City of Mount Vernon as a way of enriching their knowledge of the workings of government.

Several businesses have hopped on the fiber-optic line in recent months to take advantage of its high-speed access for video and electronic information.

For Beckners, the Fiber-optic line is an example of how Mount Vernon city government is ahead of its time.

The Beckners say they were fortunate to volunteer for the city just as Mount Vernon television was getting started. They've been doing some work on a computer program called SCALA that puts words on the television screen along with pictures. "It's like PowerPoint, but more complicated," Carrie said. ♦

The city of Mount Vernon received assistance from the state Community Economic Revitalization Board (CERB) in funding its fiber optic loop and associated development. For more information about similar grant opportunities in Washington state, call (360) 725-3013.

Reprinted with permission of the Skagit Valley Herald

Program Provides PJ's and Blankets for Abuse Victims

By The Chronicle

Victims of abuse in Lewis County have attracted the supportive efforts of the 4-H through hand-made pajamas and blankets provided to the County's "Safe Haven," shelter for victims of domestic abuse.

Efforts of 4-H volunteers culminated in piles of pajamas and blankets, presented to staff for Human Response Network, which operates its shelter operations from Chehalis, in connection with the 4-H's sewing demonstration in the Southwest Washington Fair.

The Washington State University and Lewis County Extension Offices' clothing and textile advisers, a volunteer group, provided the organization for the event. Local merchants, including Billie's Designer Fabrics, Crafts Galore, Jo-Ann's Fabrics, Quilters Junction, and Wal-Mart as well as private parties donated the many yards of fabric required.

Each participant, youth or adult, was provided with a kit including all the supplies needed for a pair of pajamas or a small flannel blanket. When the fair was over, a total of 54 pairs of pajamas and 45 blankets had been assembled.

After the event, each piece was launched, labeled and finishing touches applied and lovingly packaged to donate to the Human Response Networks' clients. This community event provides a way to bring education in clothing and textiles to 4-H youth while benefitting a worthwhile cause, said Sabin.

"The pajamas that your group made for clients at the shelter will make a wonderful impact on them," said Linda Dennis, the director of Lewis County Human Response Network. "When a victim and her children come to the shelter, often all they have is the clothes on their backs and sometimes a few items that they have been able to throw into a suitcase.



Photo by Gary J. Cichowski

Linda Dennis, executive director of the Human Response Network, examines blankets with Loralyn Rosenberg, 8, and Katie Rosenberg, 11, both of Cinebar, Thursday afternoon. Forty-five blankets and 58 pairs of pajamas were made by 4-H volunteers during the annual "Sew-In" at the Southwest Washington Fair in August. The items were donated to the Human Response Network's shelter.

They are often confused and dazed and don't really know what to expect and what will happen next, to them."

After a brief intake session, clients are taken to the shelter and settled into the house. With a greeting to the shelter, clients are given a personal hygiene bag which includes toothpaste, shampoo, lotion and other such items and pajamas that fit age, gender and size. For the children there is a stuffed animal to help comfort them.

"A gift of new pajamas may seem to be such a small gift, but be assured that for the recipient it is a sign that they are safe, protected, and valued. It gives them the courage to make changes in their lives and to have hope for a better tomorrow. ♦

Private retailers support the event through material contributions and arrangements. 4-H Sewing skill growth project demonstration made this textiles program a good fit with a recognized community need. 4-H clubs are organized in counties throughout the state. For a county-by-county listing of 4-H Clubs in Washington State, visit <http://4h.wsu.edu/staffdir/agents.html>

Reprinted with permission of The Chronicle

Foothills Rails-To-Trails Coalition Takes Charge of Vandalism Cleanup

By Rebecca Wells
The Puyallup Herald

The Foothills Rails to Trails Coalition took more than trails under their wing following collection of vandalism in Orting. Bridge railings, park benches, other private and public property was vandalized with graffiti.

Derogatory expletives, violent symbols and a cryptic poem ranting about rape, death and "the end," were smeared among white and yellow paint splatters across the Scholtz Bridge in Orting.

Spanning the State Route 162 before the Carbon River, the bridge was the site where the Foothills Rails-To-Trails Coalition celebrated National Trails Day, along with trail tours and dedication by the coalition.

"They (perpetrators) painted everything they couldn't destroy," said Ernie Bay, president of the coalition.

Vandals also stole two of the three park benches at "Bob's Place," a resting area near the bridge and the Crocker Trailhead.

Bay said authorities removed the third bench to save for replacement and evidence purposes.

Pierce County Sheriff's Office responded to the scene, and Dixie Gatchel said officers thought the vandalism appeared due to perpetrators high on drugs at the time. "It just breaks your heart," Gatchel said as she painted the railings.



Photo by Rebecca Wells

A work party of volunteers from the Foothills Rails-To-Trails Coalition cleaned and painted over graffiti and vandalism June 8 at the Crocker Trailhead in Orting.

Armed with five gallons of paint, brushes, rollers, and graffiti remover, the work party set to wash away the vandalism and cover up the damage. Pierce County Parks Department is going to cover the asphalt — which bore much of the vandalism — with a sealant, Bay added to help mitigate future graffiti activity. ♦

The close proximity of vandalism at this trailhead changed these trail builders into scrubbers and painters — graffiti vandalizers who find glory in their crimes may get little satisfaction with this much elbow grease standing watch. Rails-to-Trails groups are located throughout the United States. A web search will lead you to ones near you.

Reprinted with permission of The Puyallup Herald

Forest Improvement Organizing Helps Hikers Give Something Back

Volunteers pitch in to maintain national forest trails

By Ryan Budnick
Skagit Valley Herald

I always have a good time every time I go out with groups," said Rogers, a ranger with the Okanogan National Forest who coordinates volunteer work parties.

Postler was one of six members of the Skagit Alpine Club doing trail work on the Easy Pass trail. The members of the small organization gave up a Saturday that could have been spent scaling peaks or hiking to secluded alpine playgrounds.

While the National Forest Service has trail crews, the manpower and budget make it impossible to work on all the miles of trails. Volunteer help has been a major work force that the National Forest has grown to rely upon. Lief Hazelet, trails manager for the Mount Baker Ranger District, said he has two employees currently working on a trail crew. "Our partnership with volunteer groups is pretty sizable," he said.

"We spent basically a lot of time on the trail, so it seems only fair to put a little time putting back into maintaining the trails," Postler said. "I had a great time. Dan emailed me afterwards and said it's days like that, that reminds him how nice it is to get out and do work like that. It's fun and you feel like you've accomplished something definitely worthwhile doing."

The time for trail-crew work coincides with the best time to be out enjoying the trails, something of a conundrum and an obstacle for recruiting. Postler said the group from the Skagit Alpine Club is never very large.

"If it's nice, they want to go play and if it's not nice, they don't want to go out," she said. "We have six to 10 people normally on the annual outing."

"We all pay taxes but I don't think all the money gets to the trail system," Postler said "I spend as much free time



Photo by Ryan Budnick

Okanogan National Forest ranger Dan Rogers, who led a volunteer work party, works at improving trail tread on the Easy Pass trail.

on the trails as I can. So spending a few hours working on the trails is a small price to pay."

Trail crews perform such tasks as trimming vegetation near the trail, clearing off windfall, repairing tread, and building bridges and puncheon. Some of the tools used include shovels, loppers, hoes and saws. Other are like McLeod, which looks like an oversized rake on one end, and the Pulaski — a hybrid of a hoe and an axe.

A person volunteering time doesn't need to have any trail crew skills or a knack for yard work.

"It's what they feel comfortable with," Rogers said. "Everybody comes with a variety of skills. Everybody seems to fit into their own kind of program and figures out where they should fit in and what they feel most comfortable doing, which is better than us telling them what they should do." ♦

The Mount Baker-Snoqualmie National Forest received 7,410 hours of volunteer work from such organizations as the Washington Trails Association, Pacific Northwest Trail Association, and Northwest Youth Corp. Hazlet said his district received 1,850 hours of help. Volunteer work also is a much cheaper alternative for the Forest Service. Trail maintenance costs between \$900-\$1,200 per mile of work and that is just for logging and brush removal.

Reprinted with permission of the Skagit Valley Herald

Volunteers Take Stewardship of Whatcom County Stream

*Condensed from facts
obtained in the
Bellingham Herald*

Salmon thrashed wildly up Padden Creek in Whatcom County, as volunteers caught the slippery fish, bagging them for transport around an impassable 2,700-foot tunnel. The real problem is one six-foot section where the water runs down a very steep incline. "It was just too rapid for them to jump, and not enough water for them to swim," said Blake Allen, a volunteer who lives nearby.

"Late autumn was a banner year for chum," said Wendy Scherrer, executive director for the Nooksack Salmon Enhancement Association. She and two dozen volunteers, including Boy Scouts, helped these salmon along their final journey.

Two dozen volunteers, including Boy Scouts, met at Fairhaven Park to assist the fish, catching them one at a time. A bucket brigade of volunteers kept fish moving to plastic tubs, then a truck for transport. A State Fish and Wildlife official observed that 10 truckloads were moved to a point upstream on Padden Creek, and also to Connelly Creek, to spawn new life, then meet sure death. ♦



Evan Parker photo Bellingham Herald

Volunteers transport coho and chum salmon past barriers along their migration route. Fish could not ascend a steep tunnel culvert upstream.

From the smallest creeks to the mighty Columbia and Snake rivers in Washington's agricultural regions – salmon restoration programs are being cultivated throughout Washington, each carrying their own regionalized approach to salmon enhancements. Common to these groups are spirited leaders and can-do volunteers, people who involve their family and friends to give of their strong backs for robust project work. For more information about the Nooksack Salmon Enhancement Association – how it is organized, its outlook on this project moves toward fixing the steep culvert, or outlook on other enhancement projects, call (360) 715-0283.

Courtesy of Bellingham Herald

Master Gardener Programs Combine Education, Service

For those with a green thumb for gardening, Master Gardeners offer a 60-hour training program for qualifying to assist the cooperative extension office in educational mission. The Lewis County program involves working at plant clinics, demonstration gardens and educational programs sponsored by the county Master Gardener program. Initial cost for materials and training in the Lewis County program is \$150 — with \$100 refunded after completion of the 60 volunteer hours.

Classes cover everything from botany, soils, and pruning to diagnostics of diseases and pests. Vegetables, ornamentals, berries and home orchards all are covered in this county's program. Different avenues of volunteer activity are available.

Volunteers get WSU-research based information, learning how to diagnose and solve plant and insect problems, and developing techniques to maintain sustainable and healthy gardens. ♦



Mary Fran Fryer photo, The Chronicle

Master Gardeners do many things throughout the year. Here they're learning about small fruits from Theresa Knutsen during a tour of Raintree Nursery near Morton.

Cooperative Extension is managed locally at the county level under the auspices of Washington State University in this state. For more information about Lewis County's Master Gardener program, contact Mary Fran Fryer, (360) 985-7550.

Restoring Tibbits Creek — Cleanup at Former Mine Site

By David Hays (Issaquah Press)

ISSAQUAH – Earth Corps volunteers, their yellow hip waders covered in mud worked cautiously on the slippery slopes of Tibbetts Creek last week, planting seedlings that will eventually return the banks of the creek to their natural state.

They were completing the final phase of the Bianco Mine Tailings Stabilization project along Route 900. Coal-mining waste – 10,000 cubic yards of it – were removed, deposited during turn-of-the-century mining operations. As a result of the mining, the banks of the creek overflowed during heavy rains. The high-phosphorus content of the tailings would make its way to Lake Sammamish and is one of the top contributors to the lake's pollution, according to Ken Konigsmark, special projects director of the mountains to Sound Greenway Trust.

The 5-acre site is part of a 400-acre parcel of land deeded to Issaquah last spring by a private party. In the final phase, more than 2,000 native trees and shrubs will be planted along the creekside slopes. Total cost for the project was \$220,000, of which a private development company contributed \$150,000. ♦



David Hays photo/ Bellingham Herald

Volunteers plant trees on the banks of restored Tibbetts Creek

Earth Corps is organized in numerous communities, and works in cooperation with YMCA and other groups, to cultivate youth and productive community activities. For more information about Earth Corps, call (206) 322-9296.

Reprinted with permission of the Issaquah Press

For the Community

For the Community

| | |
|---|----|
| New Program to Assist Eight Local Families Toward Self-Sufficiency <i>Eligible Families Can Receive Information, Support and Help With Housing</i> | 69 |
| Klickitat County | |
| Port Angeles Playground Draws 1,500 Volunteers — Project Finished in Five Days! | 71 |
| Clallam County | |
| Building Support: Volunteer Crews Lend Labor, Skills to Help Needy Homeowners | 73 |
| Chelan County | |
| Olympia-Oyster Restoration Effort Seeds Mouth of Skokomish River | 74 |
| Mason County | |
| Annual Week-long Concentrated Volunteer Projects Spruce up Granite Falls | 76 |
| Snohomish County | |
| COPs Program The Eyes, Ears of the County Sheriff's Office <i>Volunteers do what law enforcement can't</i> | 77 |
| Kitsap County | |
| Underwater Volunteers scour the area on Clean-up, Green-up Day | 79 |
| Yakima County | |
| Food Project Gleans Fields for Feeding Hungry <i>Everson volunteer plows into poverty with teams of willing field hands</i> | 80 |
| Whatcom County | |
| Long Beach Adopt a Planter Program Beautifies City | 82 |
| Pacific County | |
| Lions Build BMX Track for Community | 84 |
| Walla Walla County | |
| Y'all Come! <i>BMX track work party tonight</i> | 84 |
| Walla Walla County | |
| Bicycle Events Draw Riders of All Ages to Chewelah | 85 |
| Stevens County | |
| Food Bank | 86 |
| Grant County | |
| Isolated Washingtonians Pose Unique Transportation Needs – <i>for people going to and returning from their own country!</i> | 87 |
| Whatcom County | |
| Meals on Wheels Delivers Food and Friendship | 88 |
| King County | |
| Alcoa Workers Available in Teams for Public Service <i>Closed plant provides limited opportunity</i> | 89 |
| Chelan County | |

New Program to Assist Eight Local Families Toward Self-Sufficiency

Eligible Families Can Receive Information, Support and Help With Housing

By Alison Hayhoe
Of the Sentinel, Goldendale, WA

A new program is in the works to help struggling families in Goldendale, organized by the Klickitat-Skamania Development Council (KSDC), a non-profit organization that has existed since 1967.

Linda Schneider, associate director of KSDC, introduced the Goldendale Transitional Program to several Greater Goldendale Area Chamber of Commerce members Aug. 12 at its weekly lunch. Goldendale resident Kathy Londraville will oversee the program locally as the case manager.

The program, which will officially begin in early September, is based on a program in Bingen called Guided Path, Schneider said. A maximum of eight families with children will be offered the opportunity to introduce more structure and support into their lives to become more self-sufficient.

The program offers assistance for these families through developing a self-sufficiency plan for each enrolled adult and then helping them progress through their new goals with weekly meetings, workshops and support from Londraville. Families will also be eligible to live for a maximum of two years in housing costing them 30 percent of their income.

"They might stumble, but that's why Kathy is there to provide the support they need," Schneider said.

The program also offers help with specific needs, such as resumes and job searches, driver's education or GED preparation.

"There'll be a lot of the interaction," Londraville said. "There needs to be in order to progress [with self-sufficiency]."

Schneider stressed that the participants must put forth serious effort to be part of the program.

"I cannot change their lives," Schneider said. "They [the families] have to do it."



Photo by Brent De La Paz

HELPING HAND – Kathy Londraville (LEFT), Goldendale resident and new case manager for the Goldendale Transitional Program, listens as Linda Schneider, associate director of Klickitat-Skamania Development Council, explains the program to Greater Goldendale Area Chamber of Commerce members during its luncheon Aug 12.

Each adult is required to both take a drug test and sign an agreement to allow for random drug test during their participation in the Goldendale Transitional Program.

"We would offer them the opportunity to make a change [in regard to drug use], but they would really need to make that change," Schneider said.

Volunteering six to 12 hours weekly and attending mandatory meetings and workshops on topics including budgeting, responsible renting, home ownership, and self-esteem will also be part of the program's requirements. Monthly housing inspections will be conducted using a four-page-long check list.

(continued on next page)

New Program to Assist Eight Local Families

(continued from previous page)

If the families do not cooperate according to the program's guidelines, they will be ousted from the program, Schneider said.

Some chamber of commerce members at the meeting questioned the success of the program. While there is no guarantee of success Schneider said, Guided Path has had a 70 percent success rate. Currently, the program has \$216,191 worth of funding from the state's Office of Community Development to keep it going for two years.

"If we're successful, we should be able to get funded again," Schneider said.

The application process has not yet begun for the program, but it will require a paper application, an interview by a panel and three letters of reference, Schneider said. Successful candidates will be chosen by an advisory board.

An office, with the locations yet unconfirmed, will open in Goldendale during the first week of Sep-

tember, with Londraville supervising. Applications will be accepted in early September.

"It's going to take the support of the community," Londraville said.

Retha Crock, executive director of the Greater Goldendale Area Chamber of Commerce, agreed.

"I think this is a really good program for the community," Crock said. "It deserves our support."

Schneider said that in addition to helping needy families get back on their feet, the program will also benefit Goldendale with the eight two-year leases on houses or apartments at fair market price.

Schneider said that several advisory board members are needed and more volunteers may be needed as the program develops. The advisory board will meet the third Thursday of each month at noon. ♦

For more information about the program, contact Linda Schneider at the Klickitat-Skamania Development Council, 1-800-755-1192.

Port Angeles Playground Draws 1,500 Volunteers — Project Finished in Five Days!

By Emeline Cokelet
Peninsula Daily News, (Clallam)

Rome wasn't built in a day. But Port Angeles' massive "Dream Playground" has come close to deserving such acclaim.

Following five days of intense volunteer labor plus numerous months of fund-raising and planning, the 12,000-square-foot playground was open for business.

And kids won't tire of it soon. "It's going to be a long time before they become bored with this place," volunteer Jim Mowry, 60, said Saturday.

Mowry and close to 700 community members on Saturday swarmed through the site at Erickson Park, bearing sandpaper, shovels, saws and smiles as they constructed parts of the playground.

Many have been at the playground every day to help with construction at the site on Race Street across from Civic Field.

Organizers estimate more than 1,500 people will have volunteered on the playground by its completion.

Volunteers worked in shifts from 7:30 a.m. to 8:30 p.m., constructing play structures, building fence posts, piecing together slides, spreading ground cover of foot-thick mulch on top of gravel, caring for young children and providing food to hungry laborers.

The park has a rock-climbing wall, a tree fort, a twisty slide covered by a dragon, a puppet amphitheater, castle turrets, and replicas of the MV Kalakala ferry, a U.S. Coast Guard cutter and the Dungenes lighthouse.

All ideas were generated during a daylong brainstorming session with Port Angeles elementary school students in February.

Since then, organizers led by the Kiwanis Club of Port Angeles have held numerous fund-raisers to come up with \$130,000, a goal that they met on Friday.



Photo by Keith Thorpe

Susan Hynes of Port Angeles uses a power sander to smooth out a fence railing around the "Dream Playground."

Extra support will go into a maintenance fund through the Rotary Club of Port Angeles, said Patty Hannah, United Way of Clallam County executive director and volunteer recruitment chair for the playground.

1,800 tools

Community members donated 1,800 tools for the project, and most of the materials were purchased locally.

The playground is made of dense select structural southern yellow pine treated with arsenic-free ACQ preservative.

The park includes 70,000 screws, 590 pounds of nails, 518 cubic yards of mulch, 130 yards of drainage rock, 26 cubic yards of play sand, 11 cubic yards of poured cement, and about 50 bags of 60-pound bagged cement, material coordinator Mike Newcomb said.

Volunteers on Saturday wiped sweat from their foreheads and guzzled water as they maneuvered through the park's wooden structures.

(continued on next page)

Reprinted with permission of the Peninsula Daily News

When a Dream Comes True

(continued from previous page)

"With a relatively free-flowing plan, no one really knows what's going on," said Mowry, who has volunteered every day of the playground construction.

"You look up and everyone else is focusing on their part, and suddenly it comes together," he said.

Early today, a crane will set five red and turquoise "peaks" on top of the castle turrets of the park.

Volunteers with an artistic eye will paint parts of the structure and design mosaics for the playground entrance using tiles crafted by local youth.

Volunteers, though exhausted after months of focusing on the "dream," said the construction has surpassed their expectations and brought together the Port Angeles community.

"This is really a reflection of how our town is," Hannah said.

"This is the kind of thing that nobody wants to be left out of." ♦

A cohesive community flush with willing volunteers, two major service organizations for financial backing, an initial \$130,000 and ongoing financial support culminated in an impressive project. Planning, coordination and an inclusive synergy of involvement were key elements in this project's success. For more information, contact Janet Drysdale, (360) 928-9413.

Building Support: Volunteer Crews Lend Labor, Skills to Help Needy Homeowners

By Marco Martinez
World staff writer

WENATCHEE — As a 20-person work crew scraped, painted, sawed and drilled at her Methow Street home Saturday, Carolyn Clarine's job was to stay out of the way.

The work was part of the local Rebuilding Together campaign, an all-volunteer effort that one weekend a year provides major home repairs for low-income and elderly home owners who can't do it themselves.

"This is a real godsend to older property owners like me," Clarine said. "I couldn't afford to have this work done and I'm not physically able."

Similar rehab work took place at nine other homes in the Wenatchee Valley and two others near Cashmere and Chelan. Members of church and civic groups, workers from local private businesses and Cashmere High School students contributed labor and cash. Supplies and food to feed the volunteer crews were donated by businesses and civic groups.

At Clarine's home, the workers were Chelan County PUD employees and spouses. They painted the front of the home and the eaves and door of the garage at the end of the driveway and stripped away her kitchen's tile floor.

The crew doing the floor work didn't hesitate when they found water damage under the old tile caused by a



World photo/Tom Williams

Chelan County PUD volunteers Wayne Graevell, left, and Jim McMahon were part of a 20-person work crew at Carolyn Clarine's home, one of 12 fixed up over the weekend as part of the Rebuilding Together campaign that helps low-income and elderly home owners.

leaky refrigerator. They replaced that section of the floor before laying down new tile.

Across the river, Mike Mueller helped fix a leaky toilet and replace the linoleum floor in Ralph and Maxine Manning's East Wenatchee home. Mueller, 20, was team captain for an eight-member group from Grace Lutheran Church that selected the Manning home as their project. ♦

Projects such as this for low-income and elderly home owners require willing volunteers with a can-do spirit, paint brushes and handy tools, paint and hardware. For more information about Rebuilding Together and their projects, call Ted Woodard (Wenatchee) (509) 662-4591.

Olympia-Oyster Restoration Effort Seeds Mouth of Skokomish River

By Carolyn Maddux
Shelton-Mason County Journal

Low tides usually find shellfish harvesters at work, but mid-day low tide found an industrious crew of people at the mouth of the Skokomish River planting oysters.

The crew included volunteers and technicians from the National Oceanic and Atmospheric Administration's Puget Sound Restoration Fund, students from North Mason High School, the Skokomish Indian Tribe and the Washington Department of Fish and Wildlife, plus a quartet of grade-school students. They worked to put long-line installations of shells with attached Olympia oyster larvae ("culch") in tidal channels in the Skokomish Delta and trekked out to a likely shellfish-growing beach to scatter Olympia culch.

It's an effort to bring back what once was part of that tidal ecosystem, says restoration spokesperson Betsy Peabody.

Once, Hood Canal and Puget Sound were rich with Olympia oysters.

The little dollar-sized native oysters with the sweet, nutty flavor, a mainstay of the indigenous peoples' diet and economy, were prized as a delicacy by the new settlers and by city dwellers across the nation. Oyster harvesting and marketing boomed through the end of the 19th Century and into the beginning of the 20th.

Then overharvesting and lumber milling took their toll on the sensitive shellfish, and eventually area oyster growers had to resort to imported stocks of Pacific oysters from Japan to replace the native oysters.

Over the years, here and there, a few small populations of native oysters have remained. Some growers have worked to restore the stocks for commercial sales. Recently, the Washington Department of Fish and Wildlife initiated an Olympia oyster stock-rebuilding plan. And in 1999, the Puget Sound Restoration Fund joined the effort, spearheading a broad-based effort to rebuild populations of the Olympia oyster, *Ostrea conchaphila*.



Oyster planters of varied ages lay lines of spat-laden shells in a tidal channel at the mouth of the Skokomish River in an effort to reestablish the native Olympia oyster in Hood Canal. The installations of ropes of suspended seedling stock, a project of the National Oceanic and Atmospheric Administration's Puget Sound Restoration Fund, follows up on an initial planting of Olympias on the Skokomish Delta in 1999.

The effort, Peabody explained to the volunteers gathered last Friday, is to reestablish naturally setting and spawning populations of oysters. In 1999, her organization in conjunction with NOAA, state and tribal agencies, private growers and Hood Canal School volunteers – placed culch and long-line installations in locations at the mouth of the Skokomish River.

Follow-up investigations showed that their long-line installations in the Skokomish estuary – oyster culch strung on lines suspended in saltwater channels that didn't totally empty at low tide – not only survived but appeared to be thriving.

Lifting one such line from its place in the tidal waters, Peabody gave a shout of delight. Not only were a number of good-sized, circular-shelled Olympias growing on the suspended shells, but at least two young oysters, well beyond the just-attached stage but obviously recent seedlings, were growing on one of the old shells.

(continued on next page)

Olympia-Oyster Restoration Effort

(continued from previous page)

"That's what we're looking for," she said. "If we can get these oysters to spawn, and let the larvae swim to the kind of place they want to live, we've got a chance of reestablishing oysters here."

"Oysters like this," said Keith Doblonica, director of natural resources for the Skokomish Tribe, "were part of the tribe's culture and history."

Along with harvesting, the oyster populations were affected by changes in the river when upland timber harvests increased the Skok's silt load and diversion of the North Fork reduced its flow by 40 percent, he said, cheering on the effort to reintroduce the Olympias into their former niche.

Eric Sparkman, tribal shellfish biologist, said the Olympia likes to remain covered with water but is subject to predation. Suspension in the tidal channels helps on both counts. Mark Millard, a technician from the state shellfish hatchery at Point Whitney, notes that Olympias tend to fix on floating objects, including the floats used for holding clams.

Peabody noted that the state hatchery has been an invaluable resource for the Olympia oyster reintroduction project. The shellfish hatchery north of Brinnon is scheduled for

demolition, and she's hoping the state will replace it.

She also expressed gratitude for the assistance of Taylor Shellfish, which provided the line-mounted shells used to grow the culch for last week's planting.

Working on the project were tribal fisheries technicians Charlie Henry, Paul Peterson and Josh Andrews and North Mason High School students Bronson Fatt and Steve Hupper. Tom Putnam wielded the video camera. Lending eager hands were Peabody's son and daughter, Will and Isabel Gueble, who helped count seedling oysters and cut plastic pipe for the suspended lines. Missy Peabody, Betsy's sister, brought her twin sons James and Michael Wasney along.

"We took the kids out of school and came up for the weekend," said Missy Peabody, who lives in the San Francisco Bay Area. "Their teachers were all for it. When do kids get a chance to be involved in something like this?"

Involvement is the key to the restoration project, Betsy Peabody says. And part of the project is identifying the small pockets of native spawning oysters, broodstock for future expansion of the population, in the canal and sound. ♦

Similar oyster restoration projects have been undertaken in other Washington waters. For more information about Olympia oyster restoration projects, contact Betsy Peabody, (206) 780-6947.

Annual Week-Long Concentrated Volunteer Projects Spruce up Granite Falls

By Jennifer Madison Davis
Lake Stevens Journal (Snohomish)

Visitors to Granite Falls will soon be welcomed with a new water fall and landscaping, among many projects undertaken around town last week by volunteers.

"It's like we're getting a new face and a new start," said Mayor Floyd DeRosia, thanking the volunteers from The Father's House church Conspiracy of Hope program and the local people and businesses that supported the week-long campaign.

This is the third year young people from Spokane and other Eastern Washington towns have been joined by local volunteers to complete civic improvements in Granite Falls. They painted the exteriors of many downtown businesses in 2000 and built a volleyball court in 2001. This year's projects involve the new water feature by the "Welcome to Granite Falls" sign on SR 92 and a dock at Frank Mason park.



Heavy equipment was needed to excavate the new water feature at Granite's gateway.



Volunteers work on the new dock at Frank Mason Park

The volunteers also went door-to-door, handing out 2000 packets about methamphetamine production and abuse.

"It's been an incredible week. There's a lot of awareness now that people didn't have before," said Perrigoue. "People know there is a problem and are willing to help."

The Granite Falls Community Coalition will host a methamphetamine community education night at the Granite Falls High School library. The event is sponsored by the Granite Falls Community Coalition and Parent Connections Group. Parents, students and community members are invited to attend. ♦

Perpetuating week-long civic improvement projects three years in a row, volunteers organize the projects and resources including equipment and extra volunteers for the intensive week of projects. For more information, contact Jim Romack, (360) 691-5290.

COPs Program The Eyes, Ears of the County Sheriff's Office

Volunteers do what law enforcement can't

By Amy Crumley
Port Orchard Independent

Modeled after a successful national program, Kitsap County's Citizens on Patrol — better known as COPs — has been bolstering the presence of the county's law enforcement officials since this spring.

"These volunteers provide an extra set of eyes and ears for the patrol division of the Sheriff's Office," said Pete Ball, the community resource officer for the Kitsap County Sheriff's Office. "This program saves taxpayers a huge amount of money because they are doing the things that don't require commissioned deputies that, without them, we wouldn't get done."

Thirteen volunteers from all walks of life recently completed classroom training for the COPs program and are in the midst of field training.

That means they are riding around in a county-issued van with more seasoned COPs volunteers to get a feel for the duty at hand.

The recent recruitment brings the total number of COPs volunteers to 24. According to Ball, they are required to serve at least 10 hours a month in Kitsap communities to remain active in the program.

That doesn't pose a problem, since COPs is so popular.

Kitsap County Volunteer Services Coordinator Jan Koske said. "They just come to me."

COPs volunteers augment county law enforcement services in a variety of ways, which frees up deputies to answer pressing calls for help.

They are most known for their work in enforcing disabled parking laws.

It's not an uncommon sight to see COPs volunteers, clad in their green and gray uniforms, writing tickets for disabled parking violators.



Photo courtesy of Kitsap County Volunteer Services

Handicap-parking violators should be aware of the 24 volunteer Citizens On Patrol (COPs) in Kitsap County, since they can issue citations to scofflaws.

And COPs volunteers can help community and sheriff's deputies by performing checks on homes while their owners are on vacation, and they can verify vehicle identification numbers (VINs) on junked cars and trucks before they are hauled away, Ball said.

They can direct traffic during special events; residents might even see them at the Kitsap County Fair and Stampede or directing traffic around an accident scene, for instance.

Ball said COPs are great to have out in the neighborhoods because if they see something suspicious, or a crime taking place before their eyes, they can inform deputies about the problem at hand.

Volunteers can even set up speed reader boards in neighborhoods if residents complain about speeding problems in their community.

(continued on next page)

COPs Program

(continued from previous page)

Supporters say their efforts in general increase the visibility of the Sheriff's Office in Kitsap communities.

"They are truly another set of eyes and ears," Koske agreed.

The COPs program is an expansion of a fledgling group that was started in 1999. That group was known as the Kitsap County Sheriff's Office Disabled Parking Enforcement Volunteer Program.

During the prior year, Silverdale resident Ed Ferris

successfully lobbied for legislation that provided volunteers with the authority to enforce disabled parking regulations.

Ferris had said he "got fed up with seeing able-bodied people violating the law by using disabled parking spaces for their own convenience."

From there, the group's vision and scope of work grew into what it is today, modeled after what's believed to be a successful national program.

"COPs volunteers are just so supportive of the patrol," Koske said. ♦

This program requires allocation of equipment (perhaps already existing), training and some supervision. For more information, contact Kitsap Volunteer Services Coordinator Jan Koske, (360) 337-4650.

Underwater Volunteers scour the area on Clean-up, Green-up Day

Yakima Herald Republic

More than 1,000 volunteers did their part Friday and Saturday to make Yakima a cleaner place.

In celebration of Earth Day and the 23rd Annual Clean-up Green-up Day, workers picked up garbage and brush from several areas around town, including parks, streets, pathways, school campuses and lakes.

Yakima Dive Club member Dennis Sperry helped 20 other club members clean out Myron Lake Saturday.

"There was a lot less stuff in there today. We collected maybe a 50-gallon barrel full of trash instead of two to three dumpsters worth," Sperry said.

The diving crew found clothes, fishing poles, cans, beer bottles and two air mattresses — to name a few items.

And Frank Place of the Nights of Columbus grilled up some hot dogs and hamburgers for the 120 volunteers who helped clean up the St. Joseph Mission at the Ahtanum on Saturday.

"Over the years, it's improved," he said.

The volunteers cleaned garbage, downed trees and brush for six hours, Place said. ♦



Photo by Sandy Summers

Mitch Laurance, 14 and Max McGuire, 13, who are members of the Yakima Dive Club, helped remove trash from Myron Lake Saturday morning. The dive club was taking part in Yakima's Clean-up Green-up Day in honor of Earth Day Saturday. More than 1,000 volunteers participated in the community-wide event to spruce up the city.

This underwater phase of a Earth Day cleanup project offers unique opportunities for diving enthusiasts, especially organized through a diving club. For more information about how the Yakima Diving Club's involvement was organized, contact Dennis Sperry, (509) 965-0410.

Reprinted with permission of The Journal of the Yakima Herald-Republic

Food Project Gleans Fields for Feeding Hungry

Everson volunteer plows into poverty with teams of willing field hands

By Kie Relyea
The Bellingham Herald

The sight of edible fruits and vegetables being thrown away while people went hungry tore at Rio Thomas. Most people would have shaken their heads, and said it was a shame, and gone on with their lives. Not Thomas.

Unable to stomach the thought of such need in a land of plenty — one-quarter of all food produced in the United States goes to waste, she says — Thomas started Small Potatoes Gleaning Project three years ago.

"I began building a bridge between that surplus food and the people who needed it," the 47-year-old Everson resident says.

Under Thomas' guidance, volunteers pick up or gather produce that would otherwise be thrown out and take it to area food banks, soup kitchens, senior centers and other organizations. About 23,000 pounds of produce went to people in need last year and the amount this year is "a good ways beyond that," Thomas notes.

"The problem isn't that there isn't enough food," Thomas says. "There's plenty of food, we just need to get the hands to distribute it."

Thomas has long been interested in this issue, but several key events would sow the seeds for Small Potatoes.

About eight to 10 years ago, she took her children on a gleaning project as part of their homeschooling program to teach them the importance of community service.

Then, there was her work in food banks, her work on farms, her interest in nutrition.

Through those experiences, she saw the waste that could be avoided — produce being thrown out because it didn't sell at the market or had slight imperfections or there was just too much. Meanwhile, farmers were too busy to get the food to the needy.



Photo by Pete Kendall

HAPPY HARVESTER: Rio Thomas delivers peppers and other fresh produce to Nooksack Valley Food Bank, located in the basement of Everson Presbyterian Church. Her dedication to helping others through the Small Potatoes Gleaning Project has earned her a nomination for "Six Who Make a Difference."

Food banks and other food programs, depending on what resources were available, at times had too much starchy commodity foods "lacking in vital nutrients that fresh fruits and vegetables provide."

With everyone already doing their best, Thomas decided that she would create the vital missing link.

This year, she organized a group of 50 volunteers who went to 12 farms in the county. Broad Leaf Farm in Everson was one of them.

"She's taking on an awful lot. She's really worked hard," says Dusty Williams, who owns the 5-acre spread with son Jesse.

"She's been real good about working with the farmers so there's no problems with people coming in and taking the wrong stuff" or getting in the way of farm work, he adds.

(continued on next page)

Reprinted with permission of The Bellingham Herald

Food Project Gleans Fields for Feeding Hungry

(continued from previous page)

Making it Stretch

But Thomas does more than save food.

She encourages those in need to gather their own, then give some back to the project.

"They can glean what their family needs. It provides a little dignity. They're contributing to their neighbors who are in need," Thomas explains.

Education also has been part of Small Potatoes — from teaching others how to can perishable produce to providing recipes for those who are unfamiliar with a fruit or vegetable because it's not part of their culture's food.

"I like to dispel myths of hunger," Thomas says.

Hunger doesn't just stalk the homeless.

It's on the heels of working parents and single mothers who don't make enough money to cover the high cost of living in Washington state — which has the second highest hunger rate in the nation, according to a recent study — and feed their families.

"It tends to be invisible," she says. "When you say hunger, (people) think Africa or Asia or somewhere far away. But it's as close as your friends and neighbors." ♦

Attached to a local food bank, this project depended on an individual whose tact in negotiations with farmers made otherwise unusable food available. Volunteers for physical labor were also instrumental, with a nudge to volunteer for those who receive food. For more information, contact Vicki Leuenberger, executive director of Alternatives to Hunger (food bank), (360) 676-0392.

Long Beach Adopt a Planter Program Beautifies City

By Chris Nielsen
Chinook Observer staff writer

Planter boxes along the streets in the city of Long Beach are immaculate and beautiful, the result of volunteers who dedicate time under the city's Adopt a Planter Program. The program offers those with a green thumb the chance to practice their craft for the benefit of all to see.

The program is in its third year and has been an inspired activity for Gloria "Gi Gi" Fore, who is confined to a wheelchair.

With this spirit in mind, not letting her disability slow her down, Fore adopted a planter located along the Bolstad approach in the spring of 2000. This year marks the third she will be putting her green thumb talents to work there.

Fore makes these journeys several times each week during the summer months. Stuffed into side pockets of her wheelchair or just on her lap, she brings with her all of the necessary supplies to maintain the planter.

But at the beginning of the summer season, she spends at least one solid week getting her planter in tip-top shape, weeding, turning the soil and putting in fresh flowers and plants.

For this task, in addition to her hand-held gardening tools and gloves, she also brings any number of plants, a good-sized bag of plant food, various containers and other items to create her miniature-sized "Secret Garden."

"Some of the plants comes back each year," said Fore. "I always put in new stuff. The planter doesn't look big to the average person, but I can't get all the way around it."

Fore, who is only able to lift herself out of the wheelchair and onto the edge of the planter, said having the adopted planter on the Bolstad approach is a



Photo by Chris Nielsen

Gloria "Gi Gi" Fore is pictured here tending to her adopted planter on the Bolstad approach. This year marks the third year she will take care of the planter through the city's Adopt a Planter Program.

stroke of luck, since she loves being near the water.

She said prior to getting the adopted planter she had a hard time with the knowledge that she couldn't go out on her own and walk to the ocean.

"I missed going down to the beach, but now I can be near it working on my flower box," she said with a smile. "I enjoy doing it. I really do. Besides that, just about everybody who comes by will stop and chat. I don't know most of them, but that's okay. It is so nice to have somebody to talk to, and also I think people enjoy the way the planter looks when it's thriving."

Fore said she gets the allotted \$50 from the city to maintain her planter box for the summer, but admits she normally goes a little over this amount, which she said comes out of her own pocket.

(continued on next page)

Long Beach Adopt a Planter Program Beautifies City

(continued from previous page)

"I don't mind because it's worth it," she said. "Before I adopted the planter, being in a wheelchair, I got sick and tired of looking at the walls, doing nothing. I was a nurse and got used to moving around. I don't want to be the patient looking up at the nurse. That's not me."

According to Sandy Alves, a clerk with the City of Long Beach, Fore was one of the very first residents who volunteered to adopt a planter through the city-sponsored program.

"She just loves it," Alves said. "In fact, when she called me this year about adopting the planter again, she actually thanked me for letting her do it, and I said, 'no, thank you.' It's just wonderful she does it."

Fore's planter is one of a total of 55 which have been adopted for the last two summers through the city's Adopt a Planter Program. There are 11 on the Bolstad approach, 36 in the downtown district and eight on South 10th Street. Alves said all 55 planters are adopted, primarily by individuals, although several are maintained by local businesses. ♦

This program offers beautification and maintenance at very little cost. Committed volunteers demonstrate their handiwork. For more information about this Adopt a Planter program, contact the city of Long Beach Administrator Nabil Shawa ~ (360) 642-4421.

Lions Build BMX Track for Community

Waitsburg Times

The Waitsburg Lions Club is awaiting cooperative weather and availability of members' trucks and tractors before it proceeds with a service project of constructing a BMX track in Waitsburg. The track will be located on City of Waitsburg property between the Touchet River and First Street.

City Council discussed details of the proposed project at its March 21 meeting, mulling issues such as insurance coverage, weed and dust control, and an inspection procedure. The City's insurance carrier asserted that such a facility is equal in risk to a playground. The Council ultimately voted unanimously to proceed.



Waitsburg Times Photo

Workers were shoohing bicycling kids out of the area even as tractors were working to build the Lions BMX track last weekend. The Lions Club requests kids and parents help putting the finishing touches on the track.

Y'all Come!

BMX track work party tonight

Kids planning to ride on the new BMX track and parents of those kids are invited to gather at the new First Street facility with rakes, shovels and wheelbarrows to help the Waitsburg Lions Club with final preparation of the track. The work party begins at 6 p.m. tonight, Thursday, June 14.

Help is needed putting the finishing touches on the track, which was formed over the weekend by Lions Club volunteers and local excavators Neil Witt and George Downing. While the tractors and bulldozers did the majority of the work, much remains that can

The Lions Club initiated the project at its Jan. 23 meeting, assigning Orville Branson and President Scott Branson to seek permission from the City Council. After the presentation at the Feb. 7 meeting, insurance questions were followed up, and other issues addressed prior to the approval March 21.

A BMX track could potentially draw racers and families to Waitsburg for sanctioned events. The track will give young bicyclists a place to ride that isn't near grain elevators or other dangerous spots. ♦

The property used for this BMX track was abandoned because of flooding and possible uses limited. In this agricultural community, finding machinery and able operators proved easy. For more information about how the Waitsburg Lions Club organized construction of this community asset, contact the president of the Waitsburg Lions Club, Ken Cole, Jr., (509) 337-6801 or project organizer and Lions Club member Orville Branson, (509) 337-8842.

only be done by hand, such as picking up rocks, said project organizer Orville Branson, a Lions Club member.

A community meeting of BMX track etiquette will also be part of the evening.

Local people who donated machinery were Jack, Guy and Jesse McCaw, Greg Zuger, Dave McConnell, Andy Winnett and Phil Prince. Karen Peters helped in the early stages getting the track drafted and drawn to scale, Branson said. ♦

Reprinted with permission of the Waitsburg Times

Bicycle Events Draw Riders of All Ages to Chewelah

The second annual Chewelah Fall Bike Festival opened with the 49° North Mountain Bike "Tour De Rock."

Forty-nine registered riders took the tour and munched on fruit and cookies along the way. Thanks to the generous support of sponsors, many riders went home with valuable premiums. The riders who took the added challenge to ride to the summit were treated to a preview of the new ski patrol top hut.

All proceeds from the 49° North ride are used to purchase supplies and equipment for the ski patrol.

In a separate event, a record number of bike riders turned out for the Chewelah Valley Lions Club's Half Century Bike Tour. Seventy-two riders enjoyed the best weather ever experienced for the annual ride, previously known as the Columbus Day Half Century Bike Tour. Holding the ride a week earlier than past year was an attempt to offer better weather, and also enable more bike riders opportunity to participate in a mountain ride offered by the 49 N Ski Patrol held at the ski hill the Saturday before. Planning worked perfectly! Twenty hard-core bike enthusiasts took part in both the mountain bike ride and the road tour.

An embroidered "DynaDuo" brag patch was given to the riders who took part in the most challenging versions of both rides. To earn the patch, individuals have to ride from the ski lodge to the top of Chewelah Peak on Saturday, and then ride the full 50-mile course in Sunday's tour. Those individuals who rose to the challenge were Terry Revard, Jim Noonan, Bill Joy, Dick Hemus, Carol Hemus, Ken Hoffman, Mac Cevasar, Sheila Weeks, Lori Serborsch, Julie Henry, Brian Travis, William Travis, Danette Harrington, Lynn Ellis, Erick Ellis, Jeff Longel, Jon Rasoff and Dan Egan. Way to go, gang!

A 25-mile course is also available at the Half-Century Tour for individuals who don't want to ride the full 50 miles.



Independent Photo

Fletcher McGee, son of Bruce and Liz McGee and Eric Elledge, son of Doug Elledge, Valley and Melinda Elledge, Loon Lake, have set the record as the youngest (age 9) riders to complete the 25-mile Lions Club race, riding their own bicycles the full distance.

Students from Mr. Hogan's leadership class manned the water and food stations located at Valley and Waitt's Lake. Those students volunteering their time were Kris Herda, Tara Borders, Kristen Jacobsen and Mindy Boes. Their help was invaluable.

Members of the Panorama Land Amateur Radio Club were stationed strategically along the Half-Century Tour, and had a designee follow the last rider in line to assure that none of the riders were left out on the road. They were responsible for relaying information on the riders' locale throughout the day, and providing assistance to stranded or injured riders, of which there were none. The Radio Club's participation is a crucial element of the bike tour's safe operation.

Proceeds from the Lion's Half-Century Ride go to Lions Club community projects, sight and hearing funds and scholarships. ♦

For information on these bicycle events, contact the secretary of the Chewelah Valley Lions Club, Matthew Yarnell, (509) 935-0503.

Food Bank

By Scott Hunter
Grand Coulee Star

Local scouts brought 7,000 pounds of food recently to the Grand Coulee food bank. But with usage being up over last year, Care and Share Food Bank is looking for ways to meet its commitment with volunteers needed for its operations.

Food bank manager Fern Blaylock says the food bank has seen about a 35-percent increase in the number of families using it this year. They come from all over the greater Grand Coulee Dam area. Family members from up to 10 nearby towns may line up on any given Monday for the weekly distribution, she said.

The group also organizes "baskets" of food around Thanksgiving and holiday times, providing 135 complete meal baskets for families at Thanksgiving and about 100 at Christmas. Local groups also pitched in with fund-raisers.

The Care and Share Food Bank is supported by Zion Lutheran Church, the Eagles Ladies Auxilliary, Aid Association for Lutherans branch 2969, local scout groups, the Helping Hand Program and others. ♦



Joe Dennis photographer, Grant County Journal

Pictured – volunteers participating in a holiday food gift project, for the Ephrata Food Bank, in Grant County. Volunteers are staging food packages at the Ephrata Recreation Center, preparing for distribution.



Joe Dennis photographer, Grant County Journal

Food banks and community food brigades offer some assurances against hunger, and are organized in most communities. Supported by gifting support, food banks offer service opportunities: operating canned food drives, encouraging food sources as often as possible, including gleaning efforts, grower, shipper and merchant contact, plus the help with the day-to-day and project needs of operation. For questions about the Grand Coulee program, call Care and Share Food Bank at (509) 633-2566.

Story Courtesy of Grand Coulee Star • Photos Courtesy of Grant County Journal

Isolated Washingtonians Pose Unique Transportation Needs

– for people going to and returning from their own country!

Editor's note: Point Robert's unique location also poses unique transportation solutions, on this plot of United States connected by ground to only Canada. Otherwise, travel to anywhere in the US must include transport over a mere 20 miles of marine waters. This peninsula juts from Canada in the northern-most US waters of Puget Sound, separating the two countries at the 49th Parallel. For Point Roberts residents, international travel is routine – twice each way when going to their own United States! The land base of Point Roberts: 4.9 miles.

A local transportation community a group is assisting Whatcom County transit authorities arrange for solutions

that Point Roberts' unique location poses. Point Roberts' limited size has naturally limits the area's business growth and made transportation to Canada commonplace for jobs, shopping and other routine activity.

For more information about the Point Roberts' transportation organizing efforts, contact Joan Roberts 360-945-2930

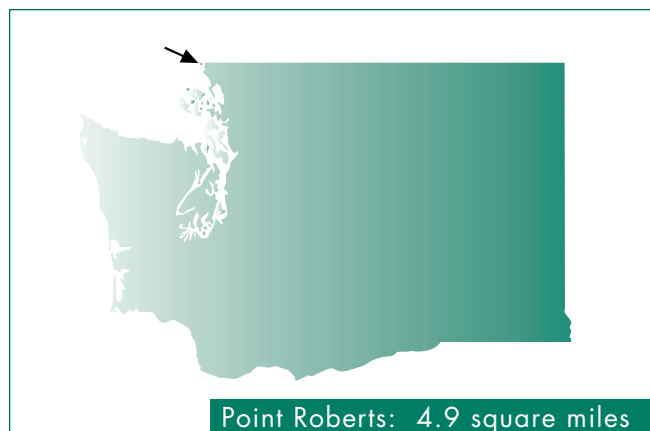
By Meg Olson

"We have a strong board representing a good cross-section of the community," said Point Roberts transportation committee chair Joan Roberts as the group has worked to develop local cooperative arrangements for bus service for Point Roberts.

The committee started as an informal *ad hoc* group to encourage the Whatcom Transportation Authority (WTA) to expand bus service to the Point. They got their wish in October when the WTA board voted to give the Point two community vans and let the community come up with their own schedule and pool of drivers. Local community meetings are helping advise the community, answer questions and accept community input.

So far the committee, made up of representatives from the PTO, the food bank, seniors, the high school, the economic development committee and the chamber of commerce, has come up with a loose structure for the community bus service, but has not set a schedule.

The goal is to have 20 volunteer drivers, ten primary and ten backup [of which a couple vans have been committed, as of this compendium's printing]. Volun-



teers would need to go through a driving and appropriate security check, training to drive the vans. Volunteers must also provide a doctor's verification they are physically fit to drive. The WTA pays insurance, and cost of operation and maintenance. Roberts said fixed scheduled runs would be complemented by special arrangement trips.

The WTA has approved two vans for Point Roberts but the program will start with one. "This is kind of a pilot project for the WTA and us looking at how to serve smaller communities, given our unique transportation needs," said Roberts (no lineage with the peninsula's original settlers). ♦

Meals on Wheels Delivers Food and Friendship

By Patti Jones
Seattle Times staff reporter

An arm of Senior Services of Seattle/King County, Meals on Wheels delivers some 500,000 meals a year to homebound elderly. It's a large task and is crucial, earning the program a place on the recipient list of The Seattle Times' fund for the Needy. The meals, which look something like frozen dinners, can be popped into the oven or microwave, supplying needed nutrition to those unable to shop or cook for themselves.

Small wonder, then, that when most folks hear Meals on Wheels, they think of food and not companionship. But the fact is the program's volunteers frequently deliver both. Knowing that they may be the only visitor their clients see at all, Meals on Wheels drivers keep their eyes open for worrisome signs – clients needing medical attention, pets not getting fed, accidents waiting to happen.

Macaroni and cheese is a perennial favorite among the clients. But the program offers some 30 other meals, including garden-burgers, kosher baked chicken and chili-stuffed potatoes. (It also delivers groceries – milk, juice, cases of Ensure – that the clients order and pay for.) Once the meals and groceries are packed, the drivers load their cars and vans and head off in different directions, with delivery lists in hand. ♦



Photo by Greg Gilbert/The Seattle Times

Meals on Wheels volunteer Liz Kellison, right, makes a morning delivery of food to 88-year-old Leona Prentice in West Seattle.

Many communities have similar program with volunteer opportunities. The Seattle/King County Senior Meals on Wheels program reaches all portions of greater Seattle-King County. Phone: (206) 448-5768.

Reprinted with permission of the Seattle Times

Alcoa Workers Available in Teams for Public Service

Closed plant provides limited opportunity

By Rick Steigmeyer,
courtesy, Wenatchee World

WENATCHEE – While the Alcoa Wenatchee Works is closed, some plant employees are being assigned community service duties. Alcoa Wenatchee Works plans to donate up to 100,000 hours of community service until later in the year, or until the aluminum plant reopens.

Community service work could include improvement projects involving cities, schools, churches, 4-H groups, clinics, hospitals and nearly anything that benefits local communities. Ten Alcoa employees went to Cashmere where they worked on a beautification project along Cottage Avenue.

The aluminum plant poured its last bucket of aluminum in July 2001, halting operation when a combination of decreasing metal prices and increasing power rates made aluminum production unprofitable. Power prices have fallen dramatically since then, but metal prices have continued to drop in the past year, said plant manager Bob Wilt.

Chelan County PUD signed an agreement that same summer to use money earned from sales of electricity previously used at the Alcoa plant to keep 400 of its employees on the payroll. ♦

Proving that “many hands make light work,” this corporate approach can offer teamwork opportunities, plus true accomplishment that workers in sheer numbers can make. For more information about the volunteer program connected with Alcoa’s Wenatchee facility, call Jim Baxter, (509) 663-9246.

Reprinted with permission of the Wenatchee World

